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Tuesday

CHARLES DHARAPAK/AP

President Obama spoke on Internet censorship.

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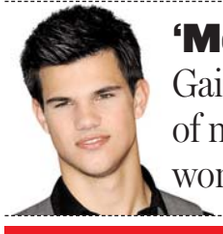
Empty Bellies: 17M U.S. children are going hungry | 3



'Moon' Man: Gaining 30 lbs. of muscle is hard work | FIT

lookout

A Maverick Goes Rogue: Palin-mania kicks off with the release of her book.

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Washington Blade Folds After 40 Years

BILL O'LEARY/TWP

LAST DAY: Washington Blade reporter Lou Chibbaro Jr. packs his belongings after the 40-year-old gay community newspaper was closed on Monday. The Blade's parent company, Windows Media LLC, shut down all of its gay-oriented publications. ✣ **Starting Over:** Editor eyes re-launch | Page 16

Major Shift on Mammograms

Panel says women should limit breast cancer screenings

Women in their 40s should stop routinely getting annual mammograms, and older women should cut back to one scheduled exam every other year, an influential federal task force has concluded, challenging the use of one of the most common medical tests.

In its first reevaluation of breast cancer screening since 2002, the U.S. Preventive Services Task Force — which sets government policy on prevention — recommended the radical change Monday, saying that the potential harms of all women getting annual exams beginning at age 40 outweigh the benefits. It also recommends against teaching women to do regular formal self-exams.

Several patient advocacy groups and many breast cancer experts praised the shift, saying that more tests and treatments are not always beneficial and can harm patients. Mammograms produce false-positive results in about 10 percent of cases, often prompting women to undergo unnecessary follow-up tests and unneeded treatment, including surgery, radiation and chemotherapy.

But the American Cancer Society, the American College of Radiology and others condemned the change. "Tens of thousands of lives are being saved by mammography screening, and these idiots want to do away with it," said Daniel B. Kopans, a professor at Harvard Medical School. "It's crazy — unethical, really." ROB STEIN (THE WASHINGTON POST)

pollcenter DO YOU THINK SARAH PALIN IS PLANNING TO RUN FOR PRESIDENT IN 2012? A YES B NO

VOTE AT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 40

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eyeopeners

IDIOMS

'Grab the Brass Ring' Taken Too Literally

A Toledo, Ohio, jeweler says thieves who smashed their way into his store Friday and got away with rings are in for a surprise when they try to sell them. Henry Triplett of Henry's Jewelers says what appeared to be thousands of dollars in gold rings in his display cases were actually made of brass and worth barely 25 cents apiece. (AP)

HYPOCRISY

No Way! There Are Strippers in Vegas?!

A Las Vegas strip club has agreed to stop an advertising promotion that involved hauling bikini-clad dancers around in a truck with clear sides. Larry Beard of Deja Vu Showgirls said Friday that he's taking his lawyer's advice and parking the truck. "We're going to respect the opinion of the folks that are against it," Beard said. "We're going to be good citizens and take it off the street." (AP)

JACK GUEZ/AFP/GETTY IMAGES

INGREDIENTS

Tomatoes, Parsley, Peace

The Israeli town of Shfaram says it broke the record for the world's largest bowl of tabbouleh on Friday. The challenge was undertaken to bring the town back together after violent clashes between Christian and Druze residents in June. To win the record, the salad will have to surpass October's record of 7,825 pounds, set in Lebanon. (EXPRESS)

INNOVATION

"People initially were a bit shocked by this technological innovation, but then they welcomed it with great enthusiasm and joy."

— **FATHER PIERANGELO MOTTA**, WHOSE NORTHERN ITALIAN CHURCH FEATURES AN AUTOMATIC HOLY WATER DISPENSER TO HELP PREVENT SPREADING THE SWINE FLU VIRUS.

OBLIVIOUS

Dude Just Thought It Was Double-Coupon Day

A former Lowe's clerk in Nitro, W.Va., has been charged with discounting $20,000 worth of merchandise to win a man's heart. Police arrested Katie Lynn Smith Thursday on a fraudulent schemes charge. A criminal complaint says a security video shows Smith selling the man a pressure washer worth several hundred dollars for $3.66. Smith admitted incorrectly ringing up the merchandise for "a male she desired as a boyfriend." (AP)

Obama's Tax Credit Comes Due

Millions of people will have to pay back cash to IRS in 2010

WASHINGTON | More than 15 million taxpayers may owe the government $250 or more because of how the IRS set up President Obama's tax break that was designed to help consumers spend the economy out of recession.

Individuals with more than one job and married couples in which both spouses work may have to repay the government $400, either through a smaller tax refund or a larger tax bill, according to a report released Monday by the Treasury Department's inspector general for tax administration.

The IRS was aware of the issues when the withholding tables were released last spring and waged a public awareness campaign to get people to check their tax withholding, said Michael Mundaca, acting assistant treasury secretary.

"It's just technically how withholding works," Mundaca said. "It's an approximation and, therefore, for some people there will be over-withholding and for some people there will be under-withholding." (AP)

Report: More Going Hungry in U.S.

Nearly 17 million U.S. children lived without adequate food in '08

The number of Americans who lack dependable access to adequate food shot up last year to 49 million, the largest number since the government has been keeping track, according to a federal report released Monday that shows particularly steep increases in food scarcity among families with children.

In 2008, the report found, nearly 17 million children were living in households in which food at times ran short, up from slightly more than 12 million youngsters the year before. And the number of children who sometimes were outright hungry rose from nearly 700,000 to almost 1.1 million.

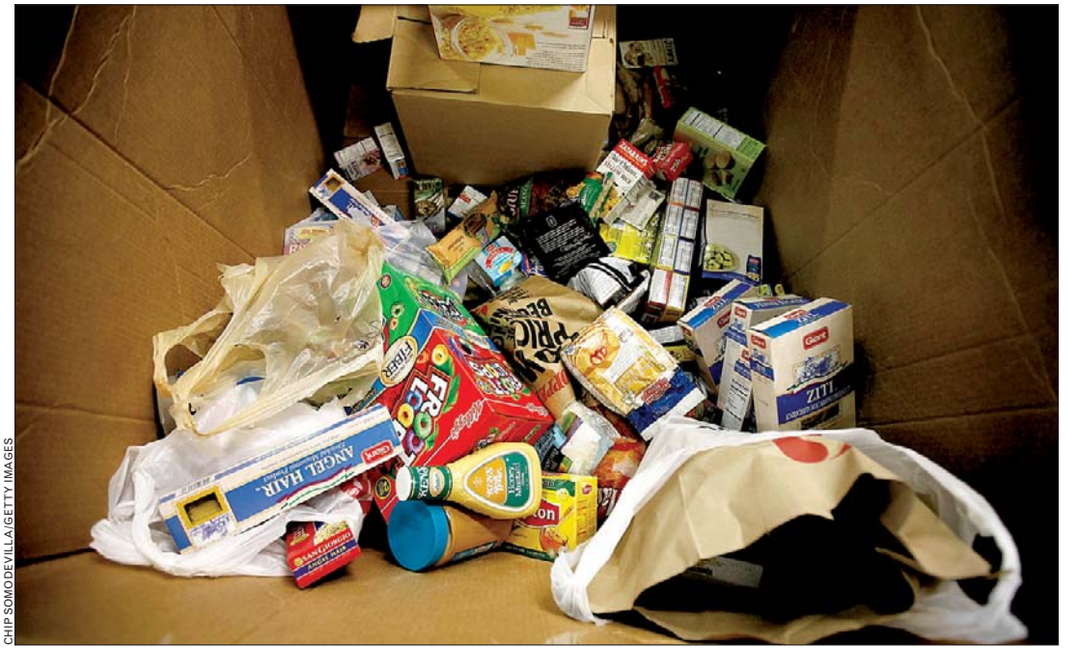
Among people of all ages, nearly 15 percent last year did not consistently have adequate food, compared with about 11 percent in 2007, the greatest deterioration in access to food during a single year in the history of the report.

Taken together, the findings provide the latest glimpse into the toll that the weak economy has taken on the well-being of the nation's residents.

"These numbers are a wake-up call ... for us to get very serious about food security and hunger, about nutrition and food safety in this country," Agriculture Secretary Tom Vilsack said.

In the Washington area, the extent of food shortages varies significantly. In the District, an average of 13.7 percent of households between 2006 and 2008 had at least some problems getting enough food. In Virginia, the prevalence of food shortages has fallen in the past year to less than 9 percent. In Maryland, the problem has grown slightly worse, increasing to an average of 9.6 percent the past three years.

AMY GOLDSTEIN (THE WASHINGTON POST)



CHIP SOMODEVILLA/GETTY IMAGES

Donated food waits to be sorted at a food center in Gaithersburg, Md. A new report paints a grim picture of hunger in the U.S.

THREATS **'Get Back; I Have Chanel No. 5!'** A staffer for Rhode Island's governor gets paid to be calm in a crisis — at least until a rat crosses her path. An exterminator planned to inspect the Statehouse on Monday after several employees reported seeing rodents last week. Among them was Sue Stenhouse, the governor's director of community relations and emergency preparedness. She says a large rat ran across her office floor Thursday night. She says she jumped on her chair, shot rubber bands at it and threatened it with perfume until it left. (AP)

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Nation

Missing Girl Found Dead

N.C. police charge mother with abuse, human trafficking

SANFORD, N.C. | A missing 5-year-old whose mother was accused of offering her for sex was found dead off a heavily wooded road in a rural area Monday, ending a weeklong search, police said.

Davis

Searchers found Shaniya Davis' body early Monday afternoon about 100 feet off a road southeast of Sanford, Fayetteville Police spokeswoman Theresa Chance said. She declined to comment on a cause of death or the condition of Shaniya's body.

"We've got a lot of people out at the scene right now that are torn up," Chance said. "Detectives have been running off adrenaline to find this little girl and to bring her home alive. You have a lot of people in shock right now."

ASHLEY CROSS/AP
Antoinette Davis listens to the charges against her on Monday in Sanford, N.C.

Two people have been charged in her disappearance, one of them her mother, Antoinette Davis, 25. Police have charged Davis with human trafficking and felony child abuse, saying Shaniya was offered for prostitution.

Authorities also charged Mario Andrette McNeill, 29, with kidnapping after they said surveillance footage from a Sanford hotel showed him carrying Shaniya there. Authorities said McNeill admitted taking the girl, though his attorney said he will plead not guilty. ALYSIA PATTERSON (AP)

$3.8B **THE AMOUNT** of money the U.S. Postal Service lost in the last fiscal year, despite a reduction of 40,000 full-time workers. Postmaster General John Potter is seeking permission from Congress to reduce mail delivery from six days a week to five to cut costs. (AP)

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Jobless Anger Boils Over in Mich.

Caseworkers who aid the unemployed fear for their safety at work

LANSING, MICH. | One frustrated client hurled a piece of concrete through the window of a welfare agency. Another threw her car keys at a welfare worker before being escorted away. At one point, a woman on public assistance even took a swing at a worker.

As Michigan struggles with the highest-in-the-nation jobless rate, state workers who deal with unemployment, welfare and other aid programs say they have never been so overwhelmed — or so worried about their safety.

CARLOS OSORIO/AP

Department of Human Services worker Rosalind Alexander helps a client in Detroit.

"We are seeing it more and more as a dangerous situation," said Amy Harrison, a caseworker who used to work for the prison system, where she says she never felt as insecure as she does now.

Clients have even bypassed security guards and surprised workers.

More than 15 percent of Michigan workers are unemployed. The dismal economy has also caused record demand for food stamps and public health care, forcing impoverished clients to wait hours for help in crowded office buildings. It's a recipe for conflict — or worse.

"What is it going to take? Is it going to take one of us getting seriously injured or killed? I hope not," said Laurie Massie, who works for the Department of Human Services.

At a Detroit DHS office, the line forms at 7 a.m., an hour before the building opens. A client frustrated by a long wait recently threw a chunk of concrete through a window.

Clients have even bypassed security guards and surprised workers in their cubicles. Jan Brown, a Berrien County caseworker, says she was opening the door to see a client when a woman ran over, grabbed the door and said, "You ARE going to see me."

"This isn't happening once. This is happening daily," Brown said.

"I think I'm tough, and it's frightening me. These people are angry," she said. DAVID EGGERT (AP)

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Nation

In Brief

CAPE CANAVERAL, FLA.

Shuttle Atlantis Embarks On Space Station Mission

The space shuttle Atlantis rocketed into orbit Monday with six astronauts and a full load of spare parts for the international space station. The supply run should keep the space station humming for years to come and the shuttle astronauts in space through Thanksgiving. Atlantis shot smoothly through a partly cloudy afternoon sky, to the delight of about 100 Twittering space enthusiasts who won front-row seats. Atlantis will reach the space station Wednesday. (AP)

TERRY RENNA/AP

Spectators watch Atlantis as it launches from Kennedy Space Center Monday.

SALT LAKE CITY

Guilty Plea Expected In Elizabeth Smart Case

The woman charged in the 2002 abduction of Elizabeth Smart has reached a plea agreement with federal prosecutors and will plead guilty in the case, her attorney said Monday. Wanda Eileen Barzee, 63, was indicted on charges of kidnapping and unlawful transportation of a minor. Barzee and her estranged husband, Brian David Mitchell, were both indicted in March 2008, six years after Smart was taken from her Salt Lake City home at knifepoint. (AP)

CHICAGO

Police to Probe Apparent Suicide of Schools Chief

Chicago Police say they'll continue to investigate the apparent suicide of Chicago School Board President Michael Scott by looking for security camera video. Chicago Police Superintendent Jody Weis said Monday it's too early for police to draw conclusions in Scott's death — even after an autopsy found Scott committed suicide by shooting himself in the head. Police officers found Scott dead before dawn after his family reported him missing overnight Sunday. (AP)

HEARSAY | PLANS

"I'm concentrating on 2010. ... I don't know what I'm going to be doing in 2012. [Running for president is] not on my radar screen right now."

—SARAH PALIN, DISCUSSING HER PLANS DURING AN INTERVIEW WITH OPRAH WINFREY TO PROMOTE HER NEW BOOK, "GOING ROGUE," WHICH WAS RELEASED TUESDAY.

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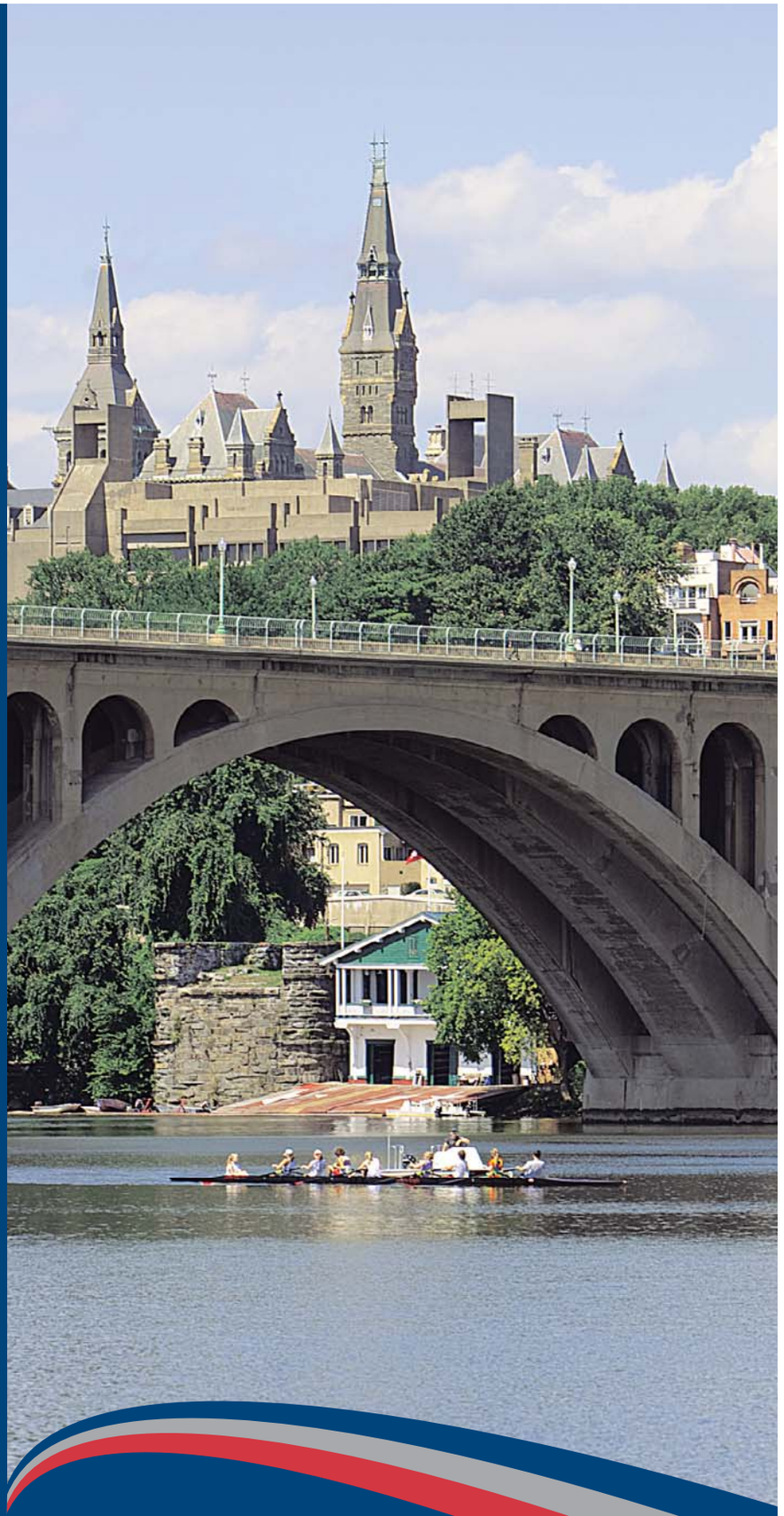

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World

China Downplays Obama's Forum

Many media outlets don't cover president's anti-censorship stance

BEIJING | President Obama, taking questions Monday from government-selected students at a town hall-style meeting in Shanghai, called himself "a big supporter of non-censorship." But the Beijing government, apparently, is not, and most Chinese never got to hear or read what Obama said.

His talk to the students was never mentioned on China's main official 7 p.m. news broadcast. The session was broadcast live only on a single small Shanghai television station — and that station's Web site switched to a children's program instead of live-streaming the president's event. And most news Web sites deleted stories about Obama's taking a question on Internet freedom.

The 7 p.m. news broadcast of CCTV is the most influential in China, reflecting the official government line and serving as the main source of television news for most people outside the major cities. But Obama's arrival in Shanghai was not even the lead story — it was seventh in a line of stories that began with one on President Hu Jintao returning from the Asia Pacific Economic Cooperation forum in Singapore.

SAUL LOEB/AFP/GETTY IMAGES

A student asks a question of President Obama, left, during a forum on Monday in Shanghai. China's most influential TV news broadcast didn't cover the meeting.

When CCTV did mention Obama's visit, well into the broadcast, it was in a story of less than a minute that just noted his airport arrival and his meeting with the mayor of Shanghai. There was not a word about the forum with students, which the White House had billed as the marquee event of Obama's first trip to China.

Obama was asked what he thought about the Chinese government's blocking several Internet international sites — such as Facebook, Twitter and YouTube — and critical news sites. "I've always been a strong supporter of open Internet use," Obama said.

The question, and Obama's answer, appeared almost immediately as a top news story on the official Xinhua News Agency, and on several popular Chinese Web sites.

But about an hour later, the stories about Obama's embracing Internet freedom disappeared.

The Sina.com site, for example, initially ran the story under the headline: "Obama: The Internet is a tool for becoming stronger and citizens can participate." An hour later, anyone going to that link got the message, "Cannot find the page." KEITH B. RICHBURG (THE WASHINGTON POST)

Missing Memorabilia

→ Souvenirs with images of "ObaMao" — Obama in a green jacket and cap a la Mao Zedong — had become popular in Beijing shops. But the items vanished ahead of Obama's visit to China.

washingtonpost.com

AP

A September satellite image shows a nuclear facility located near Qom, Iran.

IAEA: Iranian Nuclear Site at Advanced Stage

VIENNA | Iranian construction of a previously secret uranium enrichment site is at an advanced stage, with high-tech equipment already in place at the fortified facility ahead of its 2011 startup, the International Atomic Energy Agency said in a report Monday.

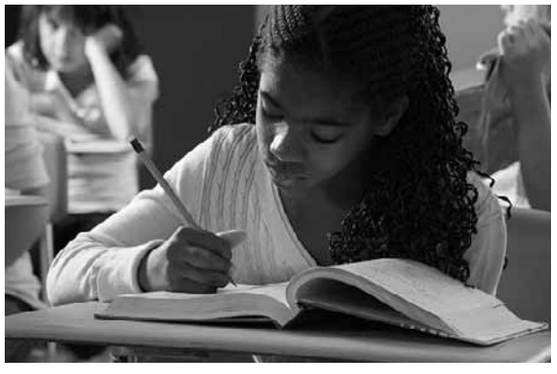
The revelation of the existence of the underground plant known as Fordo, near Qom, has heightened concerns of other possible undeclared Iranian facilities.

The IAEA report offered no estimate of Fordo's capabilities, but a senior international official familiar with the U.N. agency's work in Iran said it appeared designed to produce about a ton of enriched uranium a year.

The official said that would be enough for a nuclear warhead but too little for Iran's civilian reactors that have yet to come online. (AP)

APPEARANCES **Making Good on 'I'll Be Back'** California Gov. Arnold Schwarzenegger dropped in on U.S. troops in Iraq on Monday to thank them for the sacrifices they and their families are making. Schwarzenegger entered a crowded dining hall at Camp Victory on Baghdad's outskirts and congratulated soldiers on the job they were doing. The former bodybuilder also discussed with soldiers the need to work out, reminding them: "You have to pump up every day." He last visited Camp Victory in 2003. (AP)

WASHINGTON TEACHERS' UNION



An open letter from the Washington Teachers' Union

Students in District of Columbia public schools deserve better than the turmoil that has upended this school year. So do their teachers. They deserve to focus solely on education, free from the uncertainty and public acrimony that have seeped right into their classrooms.

Our students should be able to focus on learning and growing so that they're prepared for work and life in a constantly changing world that offers more possibilities, but that also demands more of them – far more than the "basics" – expansive knowledge, reasoning skills, versatility and ingenuity. And our teachers who are entrusted with this important work should be supported and allowed to focus on providing students with the education that prepares them for that world.

The Washington Teachers' Union has real and, we feel, legitimate differences with Chancellor Rhee. Her handling of this year's D.C.P.S. budget, resulting in the chancellor laying off hundreds of dedicated personnel six weeks into the school year, is one such example. But none of our differences is more fundamental than the chancellor's suggestion that only she cares for our students and, by inference, only she knows how best to educate them. Improving our schools is not a one person job. It requires all stakeholders to row in the same direction: parents, students, teachers, support staff, administrators, the City Council, the chancellor, the mayor and all others committed to building stronger foundations and limitless futures for all our children. And it is time that we all "reason together" to make this a reality.

The members of the Washington Teachers' Union remain focused on our mission and the reason we chose our profession: to provide all children with a sound education that prepares them for positive futures. We will continue to press for the conditions and support we need to do this important work, to demand changes where we believe they are warranted and to challenge wrongs that we believe must be made right. That is a lesson we hope our students learn as well. And they should learn from all of us an equally important lesson: that their community is prepared to work together to focus on our common goal of giving them a world-class public education.

If we can all agree that our children deserve the very best education, then don't we all have a responsibility to work together to achieve this goal and to hold each other accountable to make sure we get it done right?

Disclaimer: Paid for by the Washington Teachers' Union, George Parker, President.

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World

Gunmen Kill 13 People Outside of Baghdad

Victims include local leader of Iraq's largest Sunni political party

HADI MIZBAN/AP

An Iraqi policeman stands guard in a square in Baghdad, Iraq, on Monday.

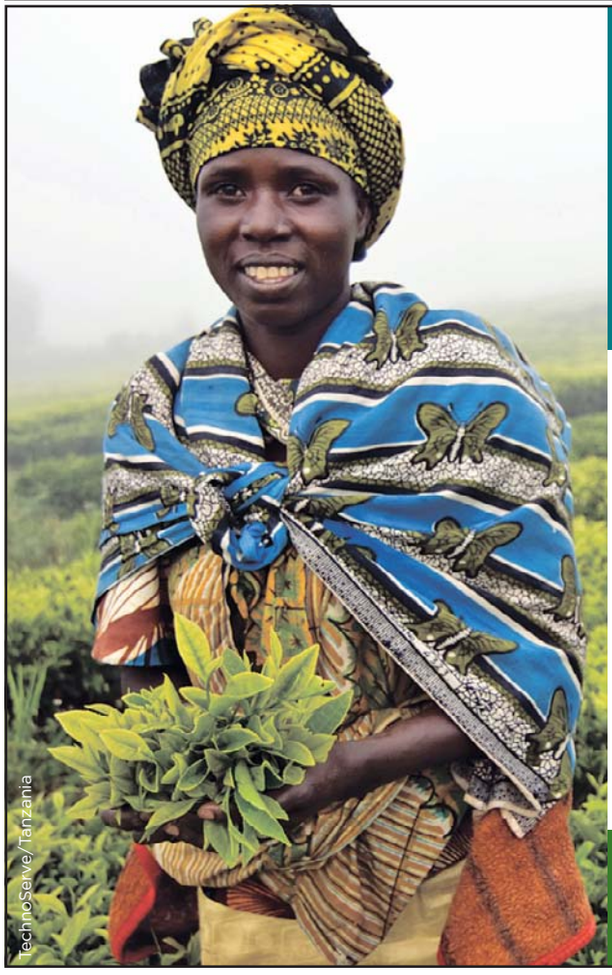
BAGHDAD | Gunmen in Iraqi army uniforms abducted and killed 13 people — whose bodies were found Monday with gunshot wounds to the head — including a local leader of Iraq's largest Sunni party, which once helped fight al-Qaeda.

Police played down the incident as tribal violence in an attempt to defuse sectarian tension, but the political link suggests the killings could also have been the work of insurgents or rival Sunnis vying for power before January elections.

Monday's attack took place in the village of al-Saadan near the town of Abu Ghraib on Baghdad's western outskirts, Abu Ghraib Mayor Shakir al-Zubaie said.

Gunmen wearing military uniforms knocked on doors and ordered the residents to step outside, saying they wanted to search the houses for weapons. The assailants then handcuffed 13 men, shoved them into a minibus and drove off, al-Zubaie said.

All 13 men were later found in a cemetery, killed execution style with a bullet to the head. RYAN LUCAS (AP)



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World

Food Summit Rejects U.N. Appeal

Nearly 200 countries rebuff call to commit $44B to fight hunger

ROME | Pope Benedict XVI decried the steadily worsening tragedy of world hunger on Monday after a global summit rebuffed a U.N. call to commit billions of dollars a year for a new strategy to help poor countries feed themselves.

The meeting at the U.N. Food and Agriculture Organization did unite nearly 200 countries behind a pledge to increase aid to farmers in poor countries to help the developing world lessen its dependence on foreign food aid.

L'OSSERVATORE ROMANO/AP

Pope Benedict XVI, left, speaks with U.N. Secretary-General Ban Ki-moon.

Only hours after the three-day summit began, about 60 heads of state and dozens of ministers rejected the U.N.'s call to commit $44 billion annually for agricultural development in these nations. The final declaration also omitted a pledge, sought by the United Nations, to eradicate hunger by 2025.

FAO, which is hosting the conference at its headquarters, says the share of international aid that is allocated to agriculture has steadily declined over the last three decades. Helping the hungry has largely entailed rich countries' sending food assistance rather than technology, irrigation help, fertilizer or high-yield seed. Much of this food aid is purchased from the wealthy nations' own farmers.

1 billion

The number of people who don't get enough to eat — or one of every six people on the planet — the U.N. said.

While content with the general policy shift, FAO Director-General Jacques Diouf voiced frustration over the lack of specifics in unusually frank comments.

"I am not satisfied that some of the concrete proposals I made were not accepted," he said at a news conference. "There was no consensus on this, and I regret it."

Vatican Radio called the lack of a firm money commitment "disturbing." ARIEL DAVID (AP)

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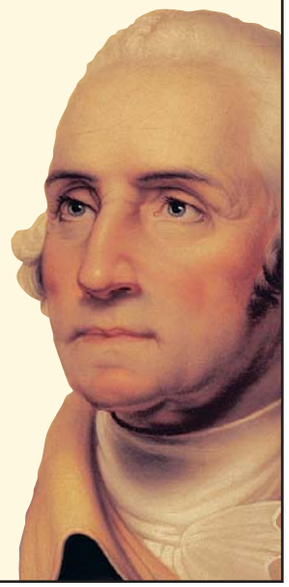

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—*The Washington Post*, Editorial, 4/28/09

World

Rockets Kill 12 Afghan Civilians

Attack misses talks between top French general, tribal leaders

TAGAB VALLEY, AFGHANISTAN | Rockets slammed into a market northeast of Kabul on Monday, killing 12 civilians but missing their presumed target: a meeting between France's top general in Afghanistan, and dozens of tribal elders and senior local officials.

The attack also wounded 38 people, 20 of them critically. The market was crowded with shoppers because Monday is bazaar day in Tagab, a sprawling town of mud brick fortress-like compounds and small fields along a river surrounded by the barren slopes and snowcapped peaks of the Hundu Kush mountain range.

Brig. Gen. Marcel Druart told The Associated Press that the meeting, known as a shura, continued despite the attack to show that the Taliban cannot disrupt NATO's plans in a valley where both sides are competing for influence.

The general was sitting down with about 40 Afghan officials to discuss a major French offensive launched the previous day. The purpose of the operation is to secure the area for a planned road that would bypass Kabul, while moving in supplies from Pakistan.

The rockets struck about 90 minutes after the meeting convened in a building next to the main market of Tagab. They landed about 200 yards away, Druart said.

French forces immediately retaliated with artillery, said Druart, commander of the French Lafayette Task Force in Afghanistan. ALFRED DE MONTESQUIOU (AP)

JEAN-CHARLES THOREL/SIRPA TERRE/FRENCH ARMY/AP

French soldiers evacuate a victim after an attack in Afghanistan's Tagab Valley on Monday. Rockets struck a market northeast of Kabul, killing 12 Afghan civilians.

MEANWHILE ...

- Afghan officials on Monday announced they had established a new anti-corruption unit — news that drew guarded praise from a wary international community.
- It was the third formal launch of a crime-fighting unit aimed at tackling corruption in recent years.
- The news came just days before Afghan President Hamid Karzai is inaugurated for a second five-year term — a sign that Karzai is serious about battling crime. (AP)

NATACHA PISARENKO/AP

Jose Maria Di Bello, left, and Alex Freyre kiss as they apply to marry in Argentina.

Buenos Aires Grants First Gay Marriage License

BUENOS AIRES, ARGENTINA | Two men were granted a marriage license in Argentina's capital on Monday, breaking ground in a country and region where laws ban gay marriage.

Jose Maria Di Bello and his partner, Alex Freyre, won the right to get married when a judge ruled last week that a ban on gay marriage violates Argentina's constitution. "On December 1st, we will become man and man," said Di Bello.

Buenos Aires Mayor Mauricio Macri said the city will not appeal — in effect inviting other same-sex couples to pursue their rights in court, too. (AP)

EVENTS Surprise 'Party' About 200 young Italian women who thought they were being invited to a party with a gala dinner hosted by Libyan leader Moammar Gadhafi on Saturday night in Rome ended up receiving a two-hour speech on Islam from Gadhafi instead, Guardian.co.uk reported Monday. "We were at least expecting a snack," said one disappointed guest. The women were hired by a modeling agency and promised 50 euros to attend the event. Gadhafi invited the women to convert to Islam and gave each a Koran. (EXPRESS)

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Children's Is Ground Zero for H1N1

As flu concerns spike across region, parents flock to D.C. hospital

Her workday started before 7 a.m., when three flu-sickened children were being treated in the emergency room. Ready for another 12-hour shift, pediatric nurse Lindsay Wheeler donned her stethoscope and noticed, with some surprise, that there was no long waiting line of coughing youngsters and parents in surgical masks.

That would change as the hours ticked by and worried families from across the region made their way to Children's National Medical Center, which has become a local ground zero for pediatric treatment of H1N1, a flu pandemic that particularly afflicts the young.

Beyond the ER's sliding glass doors, a one-time billing office has become a rapid screening unit for the flu. Overflow patients are treated from chairs set up in hallways.

The waiting room is divided in two by a large blue curtain, separating children with flu symptoms from those without.

The peak came Oct. 26, a day that brought in 429 patients, including 232 with flu-like symptoms.

NIKKI KAHN/TWP

Nurse Lindsay Wheeler, right, examines 18-month-old Donnell Ray as he is held by his mother, Tashaila Forbes, on Nov. 10 at Children's National Medical Center.

"These are just unheard-of numbers for our department," said Stephen Teach, associate chief of emergency medicine, eyeing the statistics at his computer.

While most children are cared for and sent home, a small number are hospitalized, usually for respiratory problems.

The day before Halloween, 39 children were in hospital beds for longer stays with confirmed H1N1 — the most in a single day.

No children have died during the fall flu surge at Children's, although one patient succumbed to H1N1 in the spring, the hospital said. Nationally, pediatric H1N1 deaths are now estimated at 540 during the past six months, federal officials reported Thursday.

DONNA ST. GEORGE (THE WASHINGTON POST)

Unfounded Unrest: Doctors say that many people flood the ER with fears about H1N1, but very few are sick. **washingtonpost.com/local**

Redskins Name Case Declined

The Supreme Court on Monday declined to revive a lawsuit on behalf of American Indian activists who claimed that the Washington Redskins' team name is so offensive that it does not deserve trademark protection.

The court without comment refused to get involved in the long-running dispute. The decision essentially lets stand a lower court ruling that the activists waited too long to bring the challenge.

The team has been known as the Redskins since 1933, when the name was changed from the Boston Braves. It became the Washington Redskins in 1937, when the team moved south.

The activists argued that disparaging trademarks can be challenged at any time, citing a decision from the U.S. Court of Appeals for the 3rd Circuit. The decision was written by then-judge Samuel A. Alito Jr., who now sits on the Supreme Court. ROBERT BARNES (THE WASHINGTON POST)

HEALTH Pre-Prom Ritual Foiled Baltimore County could become the latest Maryland jurisdiction to prohibit the use of tanning facilities by minors. Last week, the Howard County Board of Health voted unanimously to ban people under age 18 from using indoor tanning devices. The bill in Baltimore County would establish a $500 fine or 90 days in jail for violations. Dr. Gregory W. Branch, county health officer, says a ban on tanning for minors will send a message about how big a health risk tanning is. (AP)

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Local

Washington Blade Closes

Parent company of gay community paper shuts down operation

The owner of the Washington Blade, among the country's longest-serving chroniclers of the gay community, announced Monday that it would close down the newspaper.

The Blade's nearly two dozen staffers, who had celebrated the newspaper's 40th anniversary last month, were told to clear out their desks by mid-afternoon Monday.

Steven Myers, president of Window Media LLC, said the company had also ceased operations at the company's other gay-oriented publications, which include the Houston Voice, the South Florida Blade, and the Southern Voice newspaper in Atlanta.

As he stood in the Washington Blade's newsroom, Myers declined to elaborate, saying the company would release "a formal statement later this week."

BILL O'LEARY/TWP

Employees wheel belongings out of the Washington Blade's office on Monday.

Window Media has struggled for months. Its majority stockholder, Avalon Equity Partners, was taken over by the U.S. Small Business Administration last year.

The Blade's reporters and editors were informed of the closure as they showed up for work to begin production of this week's newspaper, an edition that won't be published. The Blade's weekly circulation is 23,000, and the company reports that it has about 250,000 visitors a month to its Web site.

"It is a shock; I'm almost speechless, really," said Lou Chibbaro Jr., a Blade reporter who has written for the paper since 1976.

Franklin Kameny, widely recognized as the father of the District's gay rights movement, said that he was "dumbfounded" by the news and that the paper's death is a loss. "They have become the voice of record for the gay community," he said.

The Blade's editor, Kevin Naff, said he hopes to re-launch the paper under a new name. "It will be employee-owned," he said. PAUL SCHWARTZMAN (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 16

District

Mid-day Lucky Numbers	6-9-1
Evening Lucky Numbers (Sun.)	3-0-5
Mid-day DC 4	6-9-5-7
Evening DC 4 (Sun.)	4-0-6-2
Mid-day D.C. Five	3-1-0-3-4
Evening D.C. Five (Sun.)	4-3-8-0-9
Daily 6 (Sun.)	11-12-15-30-32-36 (3)

Virginia

Mid-day Pick 3	5-9-7
Evening Pick 3 (Sun.)	2-4-4
Mid-day Pick 4	0-0-5-5
Evening Pick 4 (Sun.)	9-1-4-2
Mid-day Cash 5 (Sun.)	3-7-11-22-27
Evening Cash 5 (Sun.)	6-14-17-22-31

Maryland

Mid-day Pick 3	9-2-7
Evening Pick 3 (Sun.)	9-5-9
Mid-day Pick 4	7-3-8-7
Evening Pick 4 (Sun.)	2-4-6-4
Match 5 (Sun.)	9-17-18-24-25 (35)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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Zorn: Betts Is Still the Backup

Despite performance, coach says Portis will not lose job to injury

REDSKINS | A day after his team snapped its four-game losing streak, Redskins coach Jim Zorn tiptoed across the running back tightrope Monday. With one player who struggled at times during the team's slump and another who helped bust the team out of it, Zorn was careful not to offend either.

Zorn did make clear, however, that despite Ladell Betts' impressive performance the past two Sundays, when Clinton Portis is healthy again, he'll remain the team's starting running back.

"I don't want this to be something where Ladell came in and did a wonderful job — good grief, he really did a tremendous job — and yet have Clinton lose his job because Ladell came in in support," Zorn said.

Portis suffered a concussion in the first half against Atlanta on Nov. 8 and missed Sunday's 27-17 win over Denver. Zorn said on Monday he still isn't certain whether Portis will be ready to return for this Sunday's game at Dallas.

"I'm not going to try to push him through it and say, 'You've got to go now. Ladell had a great game. You'd better watch out.' That's not the issue," said Zorn. "The issue is his health. That's the main thing. That's the only thing."

As experts and NFL officials comb through reports and studies, teams across the league have been more proactive and cautious when it comes to dealing with concussions this season. The Redskins are determined not to put Portis in a situation in which he risks further injury.

In the days leading up to the Broncos' game, Portis missed practices and Zorn said his star running back was suffering from headaches and ringing in his ears.

"I think the headaches are now gone," Zorn said on Monday. "I think the ringing's gone. There's still a little blurriness. It's really when you move your head real quick, there's a little blurriness. Something's still there, and day by day, I think he's getting better and better."

If he can't, Betts showed coaches what he's capable of as a starter. Last season Betts had just 61 carries. Even as coaches decided in the off-season that Betts would be used more regularly this season — especially on third downs — his role was minimal until Portis was injured.

Betts had only 11 carries in the team's first seven games. But now, in the Redskins' past seven quarters, Betts has 177 yards on 39 carries and a team-best two rushing touchdowns.

Still, Zorn remains committed. "I don't want a guy to have to lose his job because he got a concussion, Zorn said." RICK MAESE (THE WASHINGTON POST)

NICK WASS/AP

Ladell Betts ran for 114 yards and a touchdown in the win over the Broncos, yet Jim Zorn will not name him the starting RB.

> "The issue is his health. That's the main thing. That's the only thing."
>
> —REDSKINS HEAD COACH JIM ZORN SPEAKING ABOUT RB CLINTON PORTIS

A RUNNING DEBATE

In the two games that Ladell Betts has been the primary back, he's outperformed Clinton Portis. Are the Redskins better off with Betts?

PORTIS VS. BETTS	GAMES	ATTEMPTS	YARDS	YARDS PER CARRY	YARDS PER GAME	TDS
	7	124	494	4	61.8	7
	2	41	184	4.6	92	2

TV Guess He Won't Be Coaching the Redskins Jon Gruden has agreed to a multiyear contract to stay at ESPN, suggesting he won't be returning to coaching anytime soon. The Super Bowl-winning coach's name was bound to come up about any job openings after this season. He was fired by the Buccaneers in January, then joined ESPN as a "Monday Night Football" analyst. Under the new deal, he will appear on ESPN's NFL Draft and Super Bowl week coverage and will call the 2010 Pro Bowl. (AP)

Swengali

REDSKINS | BY MATT SWENSON

Win Offers Nice Change of Pace

MAYBE IT was extreme jet lag. Or perhaps it was real. Either way, the Washington Redskins looked like a whole new team Sunday against the Denver Broncos.

Sure, they scored more points (27) than they had all season. Yet, the result seemed to be more indicative of a larger adjustment.

Rocky McIntosh's body slam of Brandon Marshall best summed it up. Washington was physically dominating. Somewhere, Joe Gibbs is smiling.

Could it be that coach Jim Zorn finally found this team's true personality after bumbling around haplessly for nearly two years?

> Could it be that coach Jim Zorn found this team's true personality?

Ladell Betts was more effective than Clinton Portis had been all season. And where did Quinton Ganther come from? Heck, even Devin Thomas had a productive play in a meaningful situation.

Before we get too far ahead of ourselves, though, the answer to our earlier question about Zorn is probably still no.

The Redskins caught the Broncos at a good time. Washington isn't so bad that it would lose the remainder of its games. Free-falling Denver was as good a bet as any for a mini-revival.

Jason Campbell still missed some easy passes, and there's no hiding the 2-6 start to the season.

For a week, though, it's nice to be talking about a win. How nice would it be to do the same next week after the Dallas game?

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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Arrogance Betrays Pats' Belichick

Wilbon: Coach made worst decision ever in dramatic loss to Colts

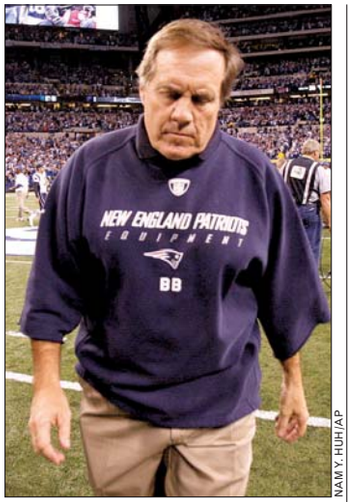
NFL | Ask yourself if Vince Lombardi, with his team leading by six points, would have gone for it on fourth and 2 from his own 28 with two minutes to play in the game? You think Don Shula would have made that call? Tom Landry? No, of course not.

Let's recap: Down six, on the road, you can force Peyton Manning to go 70 yards for the win if you punt. If you go for it and fail on fourth down, Manning needs just 29 yards to win the game. It's a no-brainer, right?

No great coach, no head coach with multiple Super Bowl victories, would have made that call — except the most arrogant great coach of them all, Bill Belichick.

And the decision to try to pick up those two yards in Indianapolis Sunday night instead of punting, fittingly, is the most arrogant end-of-game decision I've ever seen in 40-plus years of watching pro football.

Not surprisingly, Tom Brady said he loved the call; would you really expect the golden boy quarterback to publicly second-guess his coach in the moments immediately following one of the most dramatic endings in modern NFL history?



NAM Y. HUH/AP

Bill Belichick walks off the field after the Patriots lost to the Colts on Sunday.

Genius vs. Ego

→ Patriots coach Bill Belichick may have outdone himself with his decision to go for it on fourth down Sunday. See what NFL experts thought of the move | **The League**

washingtonpost.com

But you'll forgive me if I take my cue from one of Belichick's former players, Rodney Harrison — now of NBC's "Football Night in America" — who was honest enough to tell the viewers that his old coach — a man he respects and loves — made "the worst decision" he'd ever seen.

It was arrogant. Belichick wanted to steamroll the Colts. Other coaches know he doesn't respect their teams and, in many cases, dislike him intensely for it. He's not satisfied with winning the game; he wants to rub the other guy's face in it.

Is Sunday's call going to hurt the Patriots in the end? Probably not. But for one night, Belichick killed his own team, not the opponent. That, if nothing else, makes what happened Sunday night in Indy an affair worth remembering. MICHAEL WILBON (THE WASHINGTON POST)

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Michael Wilbon gives his take on hot topics, sports and otherwise at | washingtonpost.com/world-wide-wilbon

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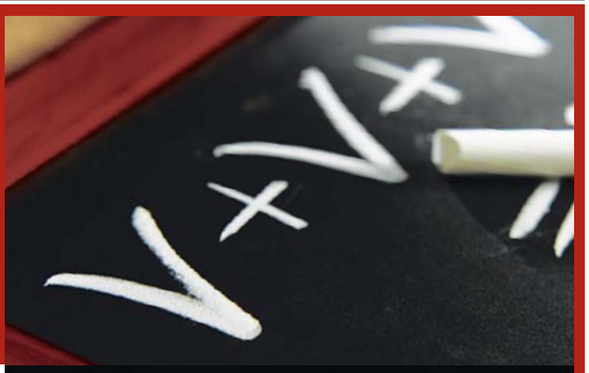

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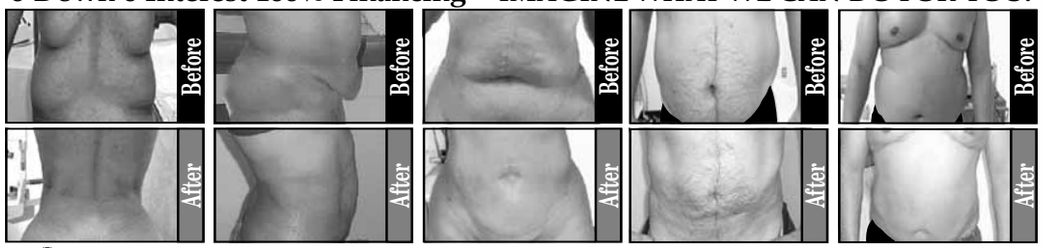

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Sports

Ovechkin Set for Return

Caps coach says star should be back in the lineup versus Rangers

CAPITALS | Two-time reigning league MVP Alex Ovechkin appears set to return from his injury layoff when the Washington Capitals visit the New York Rangers on Tuesday night.

7P.M. | VERSUS TUESDAY

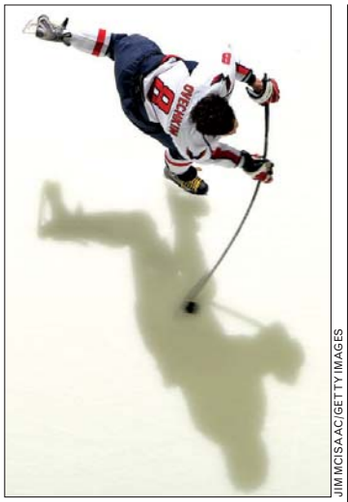
When asked after Monday morning's practice whether Ovechkin would be back in the lineup, Capitals head coach Bruce Boudreau told reporters: "As of today, he is."

Ovechkin sustained an upper-body injury against Columbus on Nov. 1.

The Southeast Division-leading Capitals have won four of six games since he was hurt.

Ovechkin has 14 goals and nine assists this season.

He says he's ready to go but would wait to see how he's feeling Tuesday. (AP)



JIM MCISAAC/GETTY IMAGES

The Capitals hope to see Alex Ovechkin back on the ice on Tuesday night.

Great 8 Skates: See video from Alex Ovechkin's return to the Capitals' practice on Monday morning | **washingtonpost.com/capitalsinsider**

VENUES **FedEx Delivery** **Virginia Tech has secured yet another game in the D.C. suburbs, agreeing to play Cincinnati at FedEx Field in 2012. The game will mark the Hokies' third trip to FedEx. They played USC there in 2004 and will face Boise State there next year. The stadium will also host Penn State against Indiana in 2010 and the Army-Navy game in 2011.** (AP)

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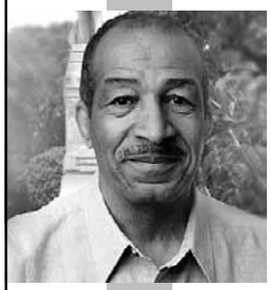

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Sports

In Brief

BASEBALL

Marlins' Coghlan, Athletics' Bailey Named Top Rookies

Florida Marlins left fielder Chris Coghlan won the National League Rookie of the Year award in a close vote Monday, and Oakland Athletics closer Andrew Bailey took the AL honor. Coghlan edged Philadelphia Phillies pitcher J.A. Happ, while Bailey, an All-Star in his first major league season, finished ahead of Texas Rangers shortstop Elvis Andrus. (AP)

NBA

Bobcats Trade for Jackson

The Golden State Warriors found a home for disgruntled swingman Stephen Jackson on Monday, sending him to the Charlotte Bobcats in a four-player deal. The Bobcats sent Raja Bell and Vladimir Radmanovic in exchange for Jackson and Acie Law. (AP)

NFL

Johnson to Visit Bengals

Larry Johnson is slated to visit the Cincinnati Bengals, who may sign the troubled running back as a backup after he was cut last week by the Kansas City Chiefs. (AP)

SOCCER | KICKING UP SAND

FARHAD BERAHMAN/AP

LIFE'S A BEACH: Portugal's Bruno, left, battles the UAE's Rami Al Mesaabi during Portugal's 7-5 win Monday in the Beach Soccer World Cup in Dubai.

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON VERSUS) The Washington Capitals hope Alex Ovechkin returns to the lineup from a shoulder injury to play the New York Rangers.

HOYAS HOOPS (4 P.M. ON ESPN) Sophomore center Greg Monroe seeks to power Georgetown past Temple for its second win of the season during the Hoyas' home opener.

MEN'S COLLEGE HOOPS (8 P.M. AND 10 P.M. ON ESPN) A full day of early season college basketball culminates in Gonzaga's taking on Michigan State and Kansas' squaring off with Memphis.

WOMEN'S COLLEGE HOOPS (9:30 P.M. ON ESPN2) Perennial powers Connecticut and Texas lock horns in San Antonio.

64 **THE NUMBER OF** LPGA Tour events Michelle Wie played in before capturing her first title on Sunday at the Lorena Ochoa Invitational. The former child prodigy, now 20, had finished second six times previously. Wie won the 2003 USGA Women's Amateur Public Links, the Stanford student's only significant victory until edging Paula Creamer in her 65th tour event. (AP)

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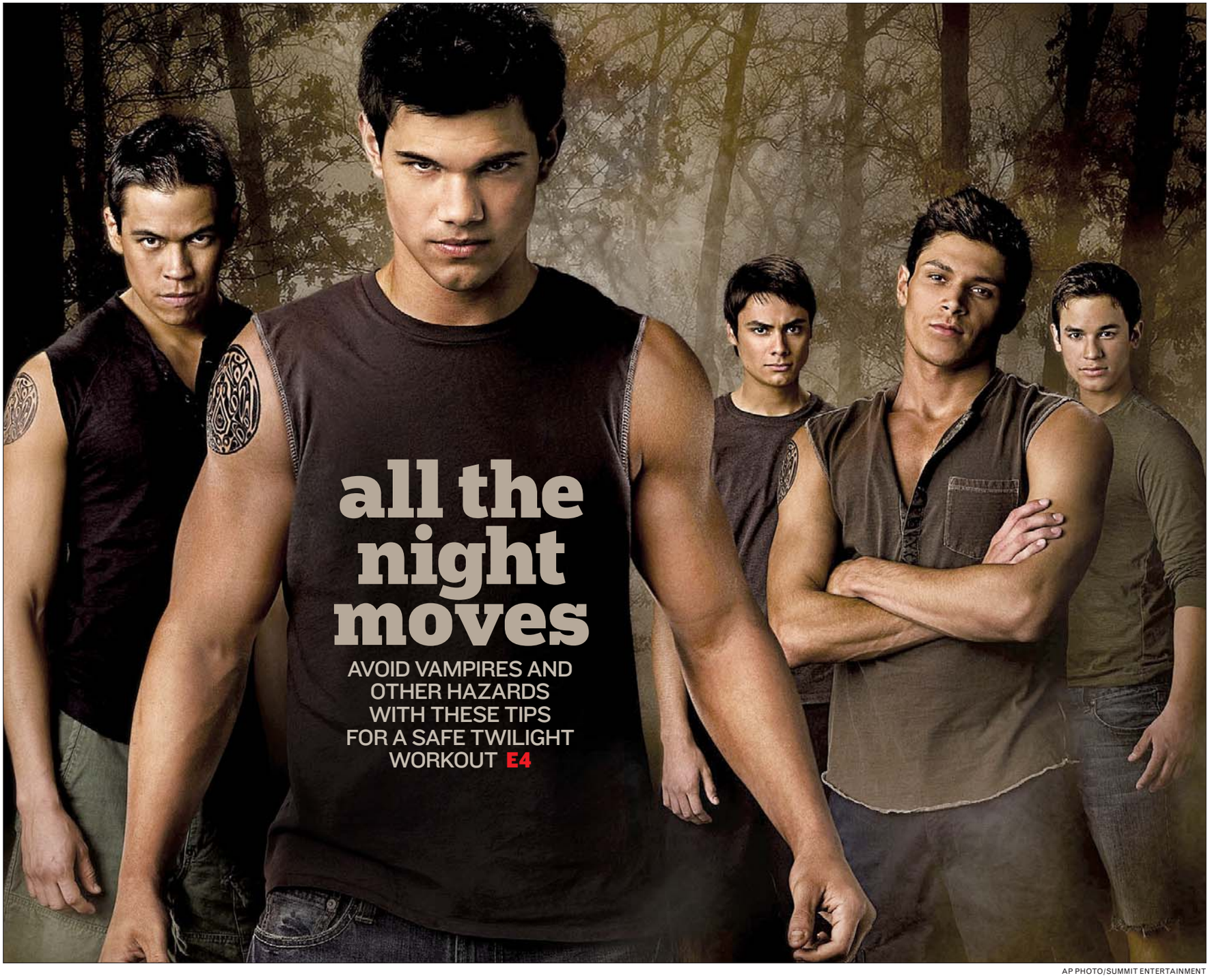

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AVOID VAMPIRES AND OTHER HAZARDS WITH THESE TIPS FOR A SAFE TWILIGHT WORKOUT **E4**

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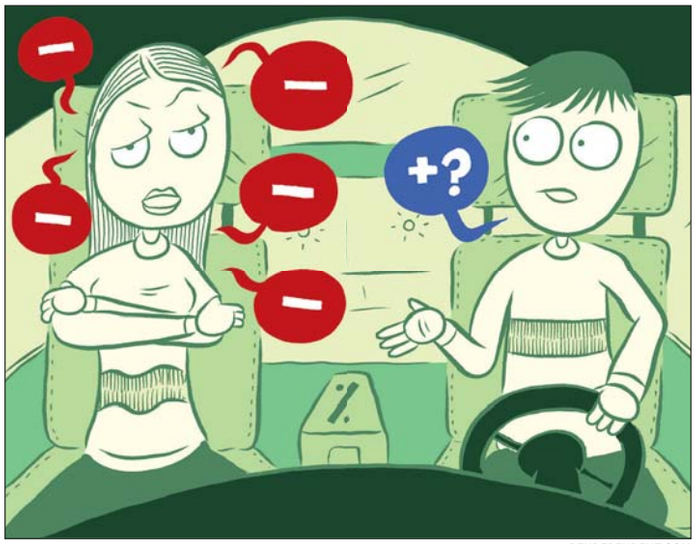
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Complaining About His GF, The Complainer

Q What do you do about a constant whiner? Nothing is ever good enough for my girlfriend. She jokes that she is high-maintenance, but it's much more annoying than that. Things seem to be getting worse now that we've been together almost two years. She complains about everything. From her own issues with job and school to how our apartment looks to traffic to whatever restaurant or movie we've chosen for the night. – TIRED OF IT



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There are all kinds of people in this world. While some will see the glass as half-full, others will focus on how one of the pieces of ice in it is slightly misshapen. Your girlfriend might just be one of these latter people, and though you say it seems to be getting worse, I wonder whether it's just getting on your nerves more now that she's becoming a bigger part of your life.

Of course, there's also the possibility that she is be depressed. Irritability and cynicism can be hallmarks of depression, even if you don't detect an underlying sadness. Either way, it's time to talk to her. It will be important to determine whether she's bothered by it, is bothered that you're bothered by it, and is willing to make changes. Only if these three conditions are met will you then be able to help her make a plan — whether through stress management techniques — gentle reminders or even therapy, to make a dent in the problem.

Slow Down for Sibling Support

Q I recently told my older siblings how emotionally abusive our father was to me after they left home. I have a lot of anger and resentment that they did nothing to check up on me and that I was left to deal with that monster without any support. They say that I was a "difficult" teenager and that they had their own lives and can't be blamed. It's been 10 years, but I am looking to cut off contact with my father, and they are threatening that they will cut off contact with me. It hurts me that they still want a relationship with someone who was so awful to me. – HURT IN MD.

Giving your siblings a wake-up call about your experience sounds like a good idea. But there are wake-up calls with gentle shoulder rubs, and then there are wake-up calls with clanging cymbals and faces sprayed with ice water.

Your siblings may be feeling ambushed, getting all of this information 10 years after the fact and being bombarded with your anger. It's not that you're wrong to confide in them, but you might need to give them more time and space. Also, though it may be that cutting off contact with your father is eventually the best thing, it's a tough road that is best taken with some professional help. Make sure that you are getting the support you need before taking this plunge. Slowing down this process and breaking it into smaller steps will give your siblings more of an opportunity to hear you out, too.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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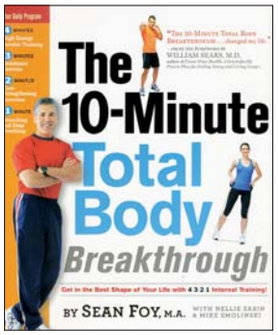

GOING BANANAS

"Fruit that crunches" isn't a motto that makes you think, "Mmm!" But wait until you bite into some Funky Monkey ($21.97 for 12, Amazon.com). The kid-friendly pouches hold three servings of freeze-dried fruit, so you can munch on apples sprinkled with cinnamon and mango doused in OJ — in chip form.

SHOES WITH A TWIST

Most shoes are super at heading straight, but when you go for an unexpected swivel, uh-oh. Rotasole is coming to the rescue with footwear embedded with a disc that rotates with you, preventing injury and easing joint pain. Above is the Women's Excitement ($130, Footsmart.com).

COUNT IT DOWN

"The 10-Minute Total Body Breakthrough" by Sean Foy ($22.95, Workman) is based on the idea of 4-3-2-1 interval training: four minutes of aerobics, three of resistance, two of core strengthening and one of stretching. Beginners get chair jogging, while pros bump it up to burpees.

FORM FITTING

Resistance bands in the BodyForm Total Fitness Platform ($199, Brookstone.com) can be adjusted from 5 pounds to 70, so no matter your fitness level, you can be challenged by the 15 recommended moves — which include calf raises, biceps curls and lunges. Slide it under your bed to store.

GUINEA PIG

A Berry Good Way To Get Beautiful

■ Tibetan monks don't have much hair, so you probably never realized that their mountainous country was home to sea buckthorn, a berry known for promoting gorgeous locks, skin and nails. This exotic super-food — packed with omegas-3, 6, 7 and 9 — provides the basis for Sibu Beauty. So, we decided to give the line a whirl.

We started by slathering on the Repair & Protect facial cream ($19.95, Sibubeauty.com), which felt fab as it moisturized our skin instantly. And it smelled good enough to eat, so we quickly went next for a shot of Revitalize & Renew ($29.95), a liquid supplement that tastes like mango puree. That kept us from downing the Cleanse & Detox ($5.95) bar of aromatic facial soap — but just barely.

To recap: You'll glow and smell delicious. VICKY HALLETT (EXPRESS)

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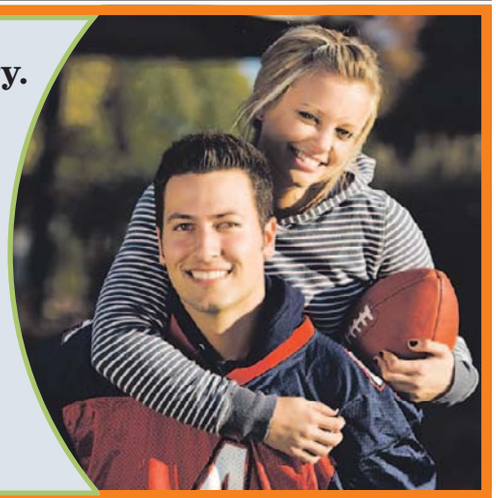

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GETTY IMAGES

Night running is OK if you're aware of your surroundings (no headphones!), wearing reflective gear and with training buddies.

The Twilight Workout

Stay safe while exercising after work — and after nightfall

"New Moon," the latest installment of the "Twilight" saga, opens in theaters this Friday, promising viewers a look into the darkest period of heroine Bella Swan's life. Although most of us probably can't relate to the travails of loving a 100-something-year-old vampire with pals who'd like to sink their teeth into you, the dark part we get — the shortest day of the year is just one month away, and ever since daylight-savings time ended, work often requires waking up before dawn and not heading home until after dusk.

That means most of our workouts these days (or, er, nights) are going to be while the sun is hiding, so it's a fitting time to think about how to exercise like a vampire.

When it comes to running, vamps' lightening-quick speed just comes naturally, but humans have to work at it. And while the undead don't mind going undetected, that's not going to fly for us fangless folks.

"You want to be spotted out there," says Kathy Dalby, co-owner of the local Pacers running store chain (Runpacers.com), who recommends products that advertise "360 degrees of reflectivity" with slivers of silver that make you hard to miss. One favorite: the Nightlife line from Brooks (Brooksrunning.com), which features jackets, vests, pants and more in a blinding yellow hue.

It's also critical to be aware of your surroundings, even if you're not nervous about bumping into a bloodsucker. "You have to watch out more," Dalby says. "A lot of people go running with headphones, and you really shouldn't do that at night." A better distraction is a friend, or even a pack, as there's safety in numbers. She recommends the fun runs that depart from all five Pacers stores every Tuesday and Thursday at 7 p.m., and the Fairfax 4-Miler (Fairfaxfour.com), a Pacers-sponsored race on New Year's Eve that starts at 7 p.m., giving a leg up to night owls.

Cyclists, especially commuters, have to deal with most of the same concerns. But unlike reckless runners who can dash around in the dark wearing whatever they feel like, cyclists had better make sure their bikes are outfitted with a front white light and a rear red reflector (or light). It's the law in D.C., Maryland and Virginia — for good reason, because going sans illumination is more dangerous than getting a paper cut at a birthday party of vampires. Just 3 percent of bike rides take place at night, but more than half of all cyclists killed are hit while riding at night without lights, notes Washington Area Bicyclist Association's Chantal Buchser.

> "You have to watch out more. A lot of people go running with headphones, and you really shouldn't do that at night."

If you don't want to worry so much about wardrobe and gear, you can always exercise indoors at night. Many people do, says Shawn M. Thomas, a trainer for Results (Resultsthegym.com), who works with clients only after his day job.

The biggest hurdle is often bringing energy levels up, because unlike members of the Cullen family (who require no sleep), we do. After a long day at the office, exertion doesn't always sound like much fun. "Someone who sits behind a computer all day takes a little while to get revved up," Thomas says. But as long as you've eaten and hydrated properly — with water, not blood — you may find that post-work is actually the best time for your body to move.

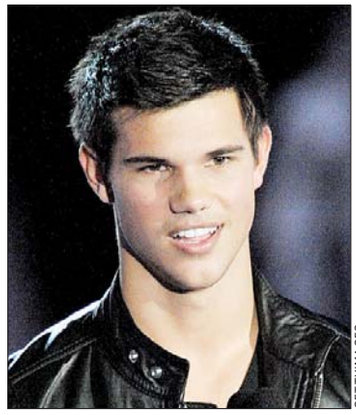
While the standard advice is to exercise in the morning, that's because you're less likely to have excuses to skip and it can rev up your metabolism for the day. In terms of athletic performance, studies have shown the human body is really at its best between 4 and 7 p.m. Or, in other words, at twilight. VICKY HALLETT (EXPRESS)

BODY TALK

Taylor's Teen Wolf Transformation

■ Trailers for "New Moon" have teen girls in a tizzy, and that's in no small part due to a shirtless shot of Taylor Lautner. But while movie magic may be responsible for turning his character, Jacob, into a werewolf, it was the 17-year-old actor's hard work that transformed him into a total fox. The plot calls for Jacob to undergo a huge growth spurt, so in order to secure the part, Lautner promised to pack on weight. He delivered with a whopping 30 pounds of extra muscle in mere months, a feat that's made him a weight room hero. His new bod landed him on the front of the December issue of Men's Health (on newsstands today) as the youngest cover model ever.

So, could anybody do that? We asked Mark Crick, co-owner of D.C.'s Balance Gym (Balancegym.com). The answer is no, even if you were to follow Lautner's reported regimen of daily two-hour workouts and constant chowing down. "Gaining muscle is probably the hardest thing to do at the gym," Crick says. "It's easy to put on size. But size isn't lean muscle."



GETTY IMAGES

Just take a look at the size of his neck!

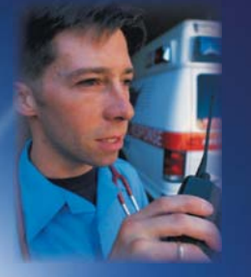
Lautner must have turned the basic formula of "lift heavy, lift often and eat" into a full-time job. Crick explains that the most exhausting and effective workouts focus on compound movements, such as dead lifts, bench presses, pull-ups and squats, to activate multiple muscles simultaneously. Nutrition must be planned out in detail, especially during the 30-minute window after a lifting session. And though Lautner's alleged dating life has gotten recent press — Taylor squared! — he's probably been spending more time in bed than on the town. "You need rest to grow," Crick adds.

Crick thinks Lautner's age may have helped — it's only natural that a 16-year-old raging with hormones would continue to grow. "Hopefully, he's not getting anyone to jab him with something extra," Crick adds.

The real test is going to come as he prepares for future films; he's promised to bulk up more for each one as the series continues. "That is going to be twice as hard," Crick says. "I suggest he start eating now and bring a bench press into his bedroom." V.H.

It's a new day.

How can you help?



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Together, we can defend, restore and preserve the rights and liberties guaranteed by the Constitution and laws of the United States.

SUPPORT THE ACLU.

ACLU
AMERICAN CIVIL LIBERTIES UNION
FOUNDATION

Designate #11890
on your CFC pledge card.

www.aclu.org
1-888-567-ACLU

WILL YOU SPEAK FOR A CHILD?

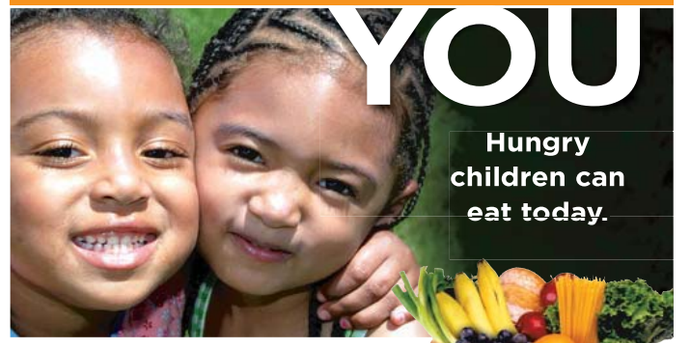
Court Appointed Special Advocates (CASA) trains volunteers to help ensure abused and neglected children have safe, permanent homes.

Your time or donation can change a child's life.

CASA
Court Appointed Special Advocates
FOR CHILDREN
CFC # 68151

www.SpeakForTheChildren.org

Thanks to YOU



Hungry children can eat today.

When you give to Feeding America, you help get food to people struggling with hunger in your neighborhood and across the country. And you keep food from going to waste. Best of all, **every $1 you give helps provide $15 worth of groceries for families in need. That's enough for 7 meals!** Join the fight against hunger today!

America's Second Harvest The Nation's Food Bank Network Ending Hunger. IS NOW FEEDING AMERICA

Please check #11627 on your CFC pledge card.

www.feedingamerica.org 1·800·771·2303

Three million women in the United States have breast cancer today...**And a million of them don't know it yet.**

NBCC demanded—and won—a place for advocates wherever decisions are made in breast cancer research and health care.

We educate those advocates through our innovative training programs, such as Project LEAD® and our annual Advocacy Training Conference, preparing them to provide an informed patient perspective in designing clinical trials, setting research priorities, determining quality care and ending breast cancer.

We don't know the cause. We don't have a cure. And we still can't prevent the disease.

Please join us in our mission to end breast cancer by designating CFC# 12193.

StopBreastCancer.org

Breast Cancer Coalition
CFC # 12193

NBCC
National Breast Cancer Coalition Fund

Give Kids The World Village
a magical non-profit resort near Orlando, Florida for children with life-threatening illnesses whose one wish is to visit Central Florida's best-loved attractions. For more information, please contact us at **1-800-995-KIDS** or **www.gktw.org.**

Give Kids The World thanks all of the federal employees and military personnel who have supported us through the years.

Give Kids The World Village
Where Happiness Inspires Hope

210 S. Bass Road • Kissimmee, FL 34746
CFC Code #11874

America's Charities
100 Black Men of America
American Campaign for Prevention of Child Abuse and Family Violence
American Center for Law and Justice
American Civil Liberties Union Foundation
Amnesty International USA
Asian American Legal Defense and Education Fund
Canine Partners For Life
Catholics United for Life
Christian Appalachian Project
Diabetes Research and Wellness Foundation
Dress for Success Worldwide
Eagle Forum Education and Legal Defense Fund
Feed The Children
Feeding America
The Fund for Animals
Goodwill Industries International, Inc.
Human Rights Campaign Foundation
The Humane Society of the United States
LatinoJustice PRLDEF
LULAC National Educational Service Centers
Meals On Wheels Association of America
Mothers Against Drunk Driving
NAACP Legal Defense and Educational Fund
NAACP Special Contribution Fund
National Association of the Deaf
National Law Enforcement Officers Memorial Fund
National Trust for Historic Preservation in the United States
Native American Rights Fund
Orphan Foundation of America
PetSmart Charities
Point Foundation, The National Gay and Lesbian Scholarship Fund
Population Connection/ZPG
Southern Poverty Law Center
Veterans for America

Children1st America's Charities

Children First - America's Charities
ACTION for Child Protection
Cancer Research for Children (National Childhood Cancer Foundation)
Child Aid: Children's Literacy and Hearing Projects
The Children's Health Fund
Children's HeartLink
Children's Hospital
Children's Rights
Coptic Orphans Support Association
Father Flanagan's Boys' Home
Fellowship of Christian Athletes
Give Kids The World
Global Fund for Children
The Hole In The Wall Gang Fund
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Junior Achievement
Make-A-Wish Foundation® of America
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Prevent Child Abuse America
Reading Is Fundamental, Inc. (RIF)
Ronald McDonald House Charities®
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Starlight Children's Foundation
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Tiger Woods Foundation, Inc.
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The Arc of the United States
Arthritis & Chronic Pain Research Institute
Black Women's Health Imperative
Breast Cancer Coalition
Christopher and Dana Reeve Foundation
Diabetes Research Institute Foundation, Inc.
Dystrophic Epidermolysis Bullosa Research Association of America
Hospice America (American Hospice Foundation)
International Planned Parenthood Federation, Western Hemisphere Region
Lance Armstrong Foundation
The Marrow Foundation
Multiple Sclerosis Association of America
NARAL Pro-Choice America Foundation
National Down Syndrome Society
National Marfan Foundation
National Organization for Rare Disorders (NORD)
National Psoriasis Foundation
Ovarian Cancer Research Fund
Prevent Cancer Foundation
Tuberous Sclerosis Alliance
United Cerebral Palsy

Community1st Greater Washington, DC America's Charities

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Fairfax Court Appointed Special Advocates, Inc.
Higher Achievement Program, Inc.
House of Ruth
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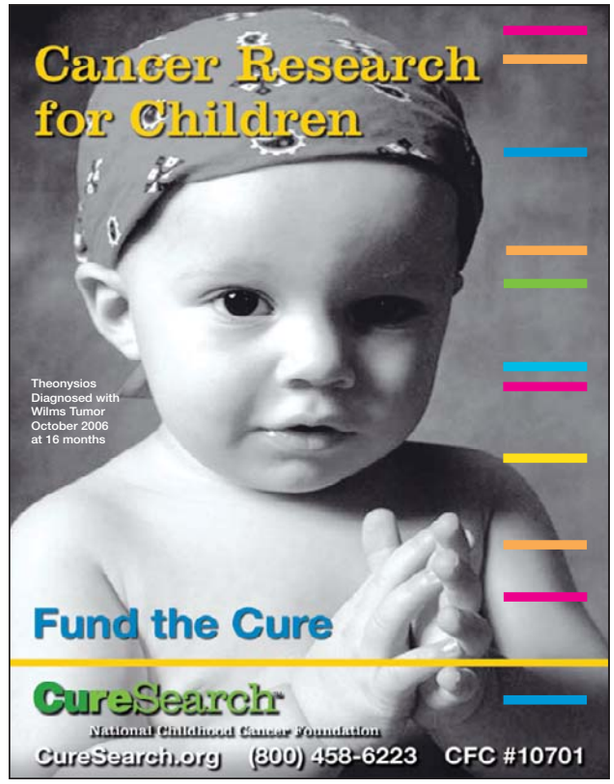
Make-A-Wish Foundation® of the Mid-Atlantic, Inc.
Rebuilding Together Alexandria
Ronald McDonald House Charities® of Greater Washington D.C., Inc.
The Shepherd's Table, Inc.
Signature Theatre, Inc.
The Wellness Community - Greater Washington, DC
WETA (Greater Washington Educational Telecommunications Association)
Whitman-Walker Clinic
Youth For Tomorrow-New Life Center, Inc.



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MSAA enriches the quality of life for everyone affected by MS.

The Multiple Sclerosis Association of America provides vital programs and services to the MS community across the Unites States.

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No disease is rare when it strikes someone you love.

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CFC #11992

P.O. Box 1968 • Danbury, CT 06813-1968
1-800-999-NORD • **www.rarediseases.org**

For over 25 years, the National Organization for Rare Disorders (NORD) has helped the more than 25 million Americans who have rare diseases. Your donation will help fund NORD's programs of:

- Education
- Advocacy
- Research
- Patient services

My World is ... **Frightening**

She lives in the shadow of fear. It's not a matter of IF, but WHEN something will come along that could take her away. She wonders how long their luck will hold. That's why Starlight is here for seriously ill children and their loved ones. Through education, entertainment and family activities, we help them cope with the pain, fear and isolation that illness brings.

Give generously and help Starlight brighten their world a little each day. **Please designate #11305 on your CFC pledge card.** For more information about Starlight, **visit www.starlight.org**.

starlight™ children's foundation starlight.org

10224 America's Charities
www.charities.org (800) 458-9505
America's Charities works to develop the spirit of giving at the workplace by offering a broad range of charities reflecting the diversity of the American people and providing efficient, low-cost workplace charitable giving campaigns. Our goal is providing member charities with the financial resources required to meet emerging needs. **54-1517707**

10360 100 Black Men of America
www.100blackmen.org
(800) 598-3411 Our organization seeks to serve as a beacon of leadership by utilizing our diverse talents to create mentoring environments where our children are motivated to achieve, and to empower or people to become self-sufficient shareholders in the economic and social fabric of the communities we serve. **58-1974429**

10361 American Campaign for Prevention of Child Abuse and Family Violence
www.familyviolence.org
(202) 429-6695 Your generous financial support each year enables the National Council on Child Abuse and Family Violence (NCCAFV) to provide assistance to thousands of abused and vulnerable children, spouses and partners (women and men), and the elderly. Your help reduces family violence in every state and territory in the United States. **95-4356014**

11889 American Center for Law and Justice www.aclj.org
(800) 296-4529 Specializing in constitutional law, the ACLJ is dedicated to the concept that freedom and democracy are God-given inalienable rights that must be protected. The organization defends religious liberties, human life and the family in cases all across the country. Legal services are provided at no charge. **54-1586817**

11890 American Civil Liberties Union Foundation www.aclu.org
(212) 549-2500 The country's premier defender of American freedoms. We stand up for your constitutional rights: free speech, religious liberty, equality, privacy, and due process. We fight unlawful detention, eavesdropping, and abuse of power. We protect the rights of every American, including minorities, women, immigrants, and the poor. **13-6213516**

10363 Amnesty International USA
www.amnestyusa.org
(800) AMNESTY Worldwide grassroots human rights organization -- impartial and non-political -- whose purpose is to protect people wherever justice, freedom, truth and dignity are denied. We and our 2.2 million supporters investigate and expose abuses, educate and mobilize the public, and help transform societies to create a safer, more just world. **52-0851555**

11891 Asian American Legal Defense and Education Fund
www.aaldef.org (800) 966-5946
(AALDEF) is a New York-based national organization that protects and promotes the civil rights of Asian Americans. By combining litigation, advocacy, community education and organizing, AALDEF works with communities across the country to secure human rights for all. **13-2855641**

10357 Canine Partners For Life
www.k94life.org (610) 869-4902
Train and place service dogs for persons with physical disabilities, mobility impairments, and seizure alert needs. Ages 12 and older. Enables recipients to return to work or stay in the workforce, and children can have a more integrated school experience. Also provide home companion dogs for young children and elderly. **23-2580658**

11628 Catholics United for Life
www.clji.org (800) 764-8444
Pro-life Catholic organization dedicated to defending human life from the moment of conception until natural death. Activities include sidewalk counseling, educational programs and a legal project that defends constitutional rights. A prison project provides resources to prison chaplains, and an evangelism outreach program proclaims the Gospel to government officials. **51-0195634**

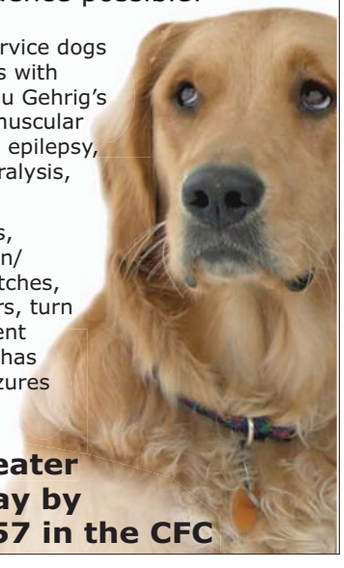
11102 Christian Appalachian Project www.christianapp.org
(866) 270-4227 An interdenominational, non-profit Christian organiza-

Wish I could help...

YOU can... through
Canine Partners For Life
Making the miracle of independence possible!

CPL service dogs change the lives of individuals with disabilities caused by ALS (Lou Gehrig's disease), multiple sclerosis, muscular dystrophy, arthritis, diabetes, epilepsy, chronic fatigue syndrome, paralysis, amputation, and more.

Service dogs can pay cashiers, retrieve dropped objects, open/close doors, operate light switches, elevator buttons, door openers, turn someone over in bed to prevent sores, support someone who has difficulty walking, alert to seizures and other medical conditions and more...



Bring someone greater independence today by designating #10357 in the CFC

Their future is an open book...

Help them write the story.

Since 1981, OFA has helped thousands of parentless teens aging out of foster care to make a successful transition into responsible adulthood. We provide them with funding for college and post-secondary education, as well as internships, mentoring, care packages, and critical support to help them graduate and enter the workforce.

YOU CAN HELP US MAKE A DIFFERENCE IN A YOUNG PERSON'S LIFE.
(800) 950-4673
CFC# 11105

Orphan Foundation of America
www.orphan.org

tion committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services. Offers people opportunities to improve their own situations. Operates over 30 crisis intervention, educational, and community development programs; distributes in-kind donations. **61-0661137**

11629 Diabetes Research and Wellness Foundation
www.diabeteswellness.net
(877) 633-3976 Funds clinical investigations into the causes, prevention, treatment and cure of diabetes and associated complications. Conducts diabetes screening which targets high-risk populations and ethnic groups. Provides diabetes education and materials to patients and health professionals to save lives from blindness, kidney disease, amputations. Publishes a monthly national newsletter, *The Diabetes Wellness News.* **52-1840230**

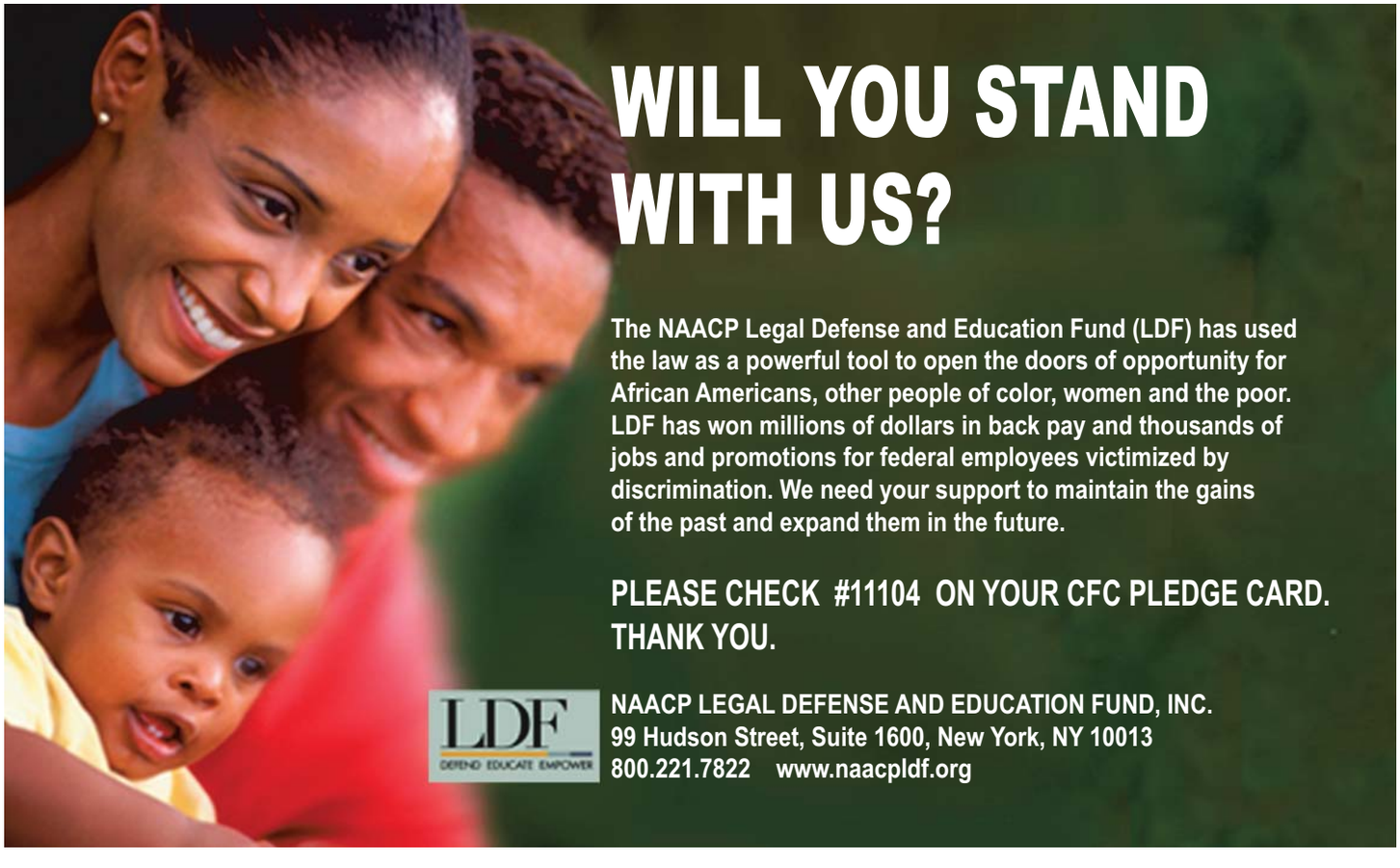
10359 Dress for Success Worldwide
www dressforsuccess.org
(212) 532-1922 Dress for Success Worldwide is an international non-profit organization that promotes the economic independence of disadvantaged women who are seeking employment and self-sufficiency. We provide professional attire, a network of support, and the career development and employment retention tools to help women succeed in work and in life. **13-4040377**

11892 Eagle Forum Education and Legal Defense Fund
www.eagleforum.org
(618) 462-5415 Pro-family leadership by Phyllis Schlafly. Defends traditional families, parental rights in schools, reading by phonics, tax fairness, strong national defense. Provides articulate alternatives to liberalism and the radical feminism that pretends women and men are the same but demands preferential treatment. Trains for grassroots leadership in public policy making. **37-1097202**

Every 56 seconds of every business day, Goodwill places someone in a good job.

Goodwill Industries – providing job training and career services to people with barriers to employment since 1902

Goodwill Industries International, Inc.
www.goodwill.org
CFC #12178



WILL YOU STAND WITH US?

The NAACP Legal Defense and Education Fund (LDF) has used the law as a powerful tool to open the doors of opportunity for African Americans, other people of color, women and the poor. LDF has won millions of dollars in back pay and thousands of jobs and promotions for federal employees victimized by discrimination. We need your support to maintain the gains of the past and expand them in the future.

PLEASE CHECK #11104 ON YOUR CFC PLEDGE CARD. THANK YOU.

LDF DEFEND EDUCATE EMPOWER

NAACP LEGAL DEFENSE AND EDUCATION FUND, INC.
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800.221.7822 www.naacpldf.org

10986 Feed The Children
www.feedthechildren.org
(800) 627-4556 Founded in 1979, Feed The Children is one of the largest international charities delivering food and other necessities to children and families in all 50 states and around the world. In FY 2007, FTC distributed more than 135 million pounds of food and essentials, supplementing almost 800,000 meals each day. **73-6108657**

11627 Feeding America
www.feedingamerica.org
(800) 771-2303 Nation's largest domestic hunger-relief organization. Providing groceries for over 25 million Americans annually through our network of over 200 Members. Last year, we secured and distributed over 2 billion pounds of groceries, in all 50 states, Washington DC, and Puerto Rico. Our goal is to end hunger in America. **36-3673599**

11630 The Fund for Animals
www.fundforanimals.org
(888) 405-FUND The Fund for Animals, founded in 1967 by Cleveland Amory, is a leading provider of direct care for animals and operates animal sanctuaries, including Black Beauty Ranch and sanctuaries in Southern California, Oregon and Cape Cod. We speak for those who can't -- on the web at fundforanimals.org. **13-6218740**

12178 Goodwill Industries International, Inc.
www.goodwill.org (800) 741-0186
The organization is one of the world's largest nonprofit providers of education, training and career services for peoplewith disabilities or other barriers to employment. We believe in work and have witnessed its power to transform lives. Work helps build confidence, independence, trust and opportunities to have these things in life. **53-0196517**

11893 Human Rights Campaign Foundation www.hrc.org
(800) 777-4723 Conducts public policy research and public education on the social, economic and health issues affecting gay, lesbian, bisexual and transgender Americans, and to further its vision of an America where all Americans are ensured of their basic equal rights. **52-1481896**

11894 The Humane Society of the United States
www.humanesociety.org
(202) 452-1100 The Humane Society of the United States is the nation's largest animal protection organization. Established in 1954, The HSUS seeks a humane and sustainable world for all animals. We are America's mainstream force against cruelty, exploitation, and neglect, and the nation's most trusted voice extolling the human-animal bond. **53-0225390**

11895 LatinoJustice PRLDEF
www.latinojustice.org
(800) 328-2322 PRLDEF, a pan-Latino organization, promotes Latino Justice. We are one of the foremost Latino civil rights organizations in the country. Through impact litigation, we fight discrimination and assure Latinos' constitutional rights. Though our educational programs, we help Latinos who dream of entering the legal profession to do so. **13-2722664**

11073 LULAC National Educational Service Centers
www.lnesc.org (202) 835-9646
Since 1973, LNESC has made a significant impact in Hispanic educational attainment. Through an array of exceptional educational and leadership development programs, LNESC has contributed to the academic success of nearly 500,000 promising but disadvantaged Hispanic students and has provided 15 million dollars to over 25,000 minority scholars. **23-7262876**

10540 Meals On Wheels Association of America
www.mowaa.org (866) 517-6366
MOWAA provides funding to community-based senior nutrition programs across the country for delivery of meals and other nutrition services to frail homebound senior citizens. These services improve nutritional and health status, enable older

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individuals to avoid premature institutionalization, and preserve independence and dignity by allowing them to remain in their homes. **23-7447812**

10354 Mothers Against Drunk Driving www.madd.org (800) 438-6233 Provides national and local programs to educate the public about the dangers and consequences of drunk driving and underage drinking, advocates for strong legislation and enforcement to prevent impaired driving and provide assistance to victims of alcohol-related crashes. **4-2707273**

11104 NAACP Legal Defense and Educational Fund www.naacpldf.org (800) 221-7822 Fights for equality and access to education, employment, health care, housing, environmental justice, voting rights, and criminal justice. Also monitors laws and helps to shape government policies, educates the public about civil rights issues, and provides scholarships to promising African American undergraduates and law students. **13-1655255**

10355 NAACP Special Contribution Fund www.naacp.org (877) 622-2798 Through its 2,200 units nationwide, programs are focused on the protection and advancement of civil rights by eliminating clear disparities between communities within areas of youth services, criminal justice, education, employment, emergency relief, health advocacy, housing, legal assistance. **13-1998814**

10356 National Association of the Deaf www.nad.org (301) 587-1788 The NAD was established in 1880 by those who believed in the right of the deaf community to use sign language, congregate on issues of importance, and have its interests represented at the national level. Today, the NAD continues to safeguard the rights of deaf and hard of hearing Americans. **94-1358295**

Women serving in the military have less access to abortion care and emergency contraception than women who don't serve, even though the Pentagon reports increases in sexual assaults in the military. NARAL Pro-Choice America Foundation is educating the public and mobilizing our activists to ensure that when women sign up to protect and serve our nation, they aren't signing away their rights.

CFC #11714

NARAL Pro-Choice America Foundation
www.ProChoiceAmerica.org ■ (202) 973-3000

America's Charities

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National Black Child Development Institute

NBCDI is nurturing the natural curiosity, excitement and genius in children

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NBCDI is a member of Children's First – America's Charities

- **Love to Read** encourages parents as their child's first teacher, to instill the love of reading at birth.
- **Entering the College Zone** provides middle school students with the tools they will need for college…NOW.
- **The Parent Empowerment Program** strengthens parents' knowledge of child development while raising their confidence in themselves and parenting skills.
- **SPARK DC** promotes school readiness to assure ready schools, ready kids and ready communities.

NATIONAL BLACK CHILD DEVELOPMENT INSTITUTE, INC.

www.nbcdi.org

202.833.2220 \ 800.556.2234

1313 L Street, Suite 110 • Washington, DC 20005

Committed to improve and protect the quality of life of Black children and families.

11631 National Law Enforcement Officers Memorial Fund www.nleomf.org (202) 737-3400 To generate increased public support for the law enforcement profession by permanently recording and appropriately commemorating the service and sacrifice of law enforcement officers; and to provide information that will help promote law enforcement safety. **52-1382926**

11287 National Trust for Historic Preservation in the United States www.PreservationNation.org (800) 944-NTHP The National Trust for Historic Preservation helps people protect, enhance, and enjoy the places that matter to them. Your support will help provide leadership, education, and advocacy to save America's diverse historic places and revitalize communities for the future. **53-0210807**

10350 Native American Rights Fund www.narf.org (800) 447-0784 NARF's practice is concentrated in five key areas: the preservation of tribal existence; the protection of tribal natural resources; the promotion of Native American human rights; the accountability of governments to Native Americans; and the development of Indian law and educating the public about Indian rights, laws and issues. **84-0611876**

11105 Orphan Foundation of America www.orphan.org (800) 950-4673 At age 18 most orphans are completely on their own, they "age out" of Foster Care. OFA provides moral and financial support to parentless teens who pursue college or vocational training. OFA's programs are volunteer run; mentoring, leadership training and scholarships help youth without families become successful and independent adults. **52-1238437**

10351 PetSmart Charities www.PetSmartCharities.org (800) 423-PETS PetSmart Charities is a 501(c)(3) non-profit organization and the leading funder of animal welfare programs in North America. Since being established in 1994, PetSmart Charities has donated more than $70 million to spay/neuter, adoption, di-

Saving Children, Healing Families for our future

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CFC #12007

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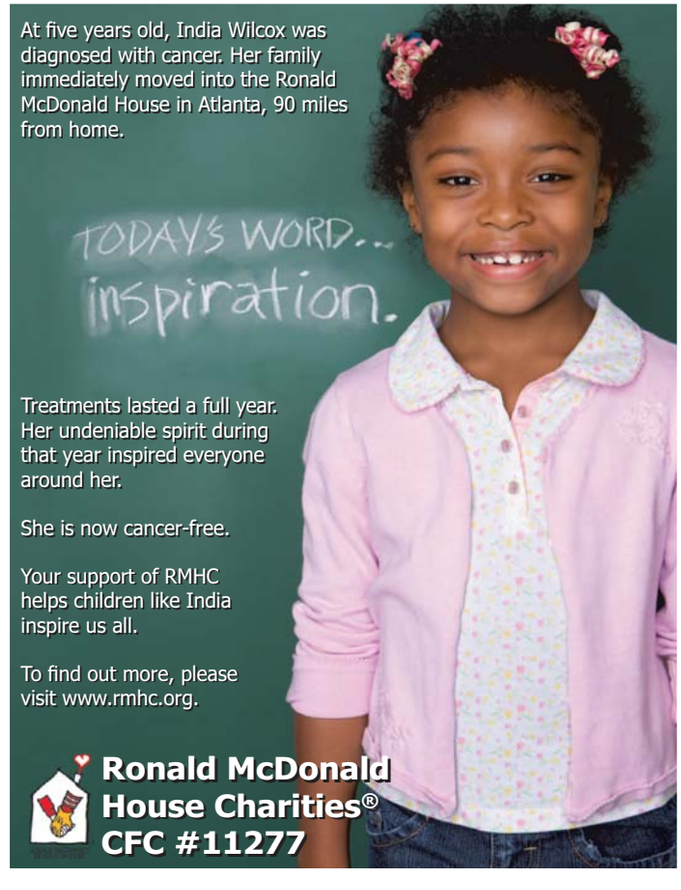

saster relief and educational programs and, through its in-store adoption program, helped save 3.4 million pets. **93-1140967**

11634 Point Foundation, The National Gay and Lesbian Scholarship Fund www.pointfoundation.org (866) 337-6468 Point Foundation is the nation's largest scholarship-granting organization for lesbian, gay, bisexual and transgender (LGBT) students of merit. Point provides financial support, leadership training, mentoring and hope to LGBT individuals who are marginalized because of their sexual orientation, gender identity or gender expression. **84-1582086**

11632 Population Connection/ZPG www.populationconnection.org (800) 767-1956 Overpopulation threatens the quality of life for people everywhere. We're a national grassroots population organization that educates young people and advocates progressive action to stabilize world population at a level that can be sustained by Earth's resources. **94-1703155**

10352 Southern Poverty Law Center www.splcenter.org (888) 414-7752 Is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the Center works toward the day when the ideals of equal justice and equal opportunity will be a reality. **63-0598743**

11106 Veterans for America www.veteransforamerica.org (202) 483-9222 Uniting a new generation of veterans with those from past wars to address the causes, conduct and consequences of war in the 21st century. Also operates rehabilitation clinics in Vietnam and Cambodia and conducts landmine impact surveys. Co-recipient of 1997 Nobel Peace Prize for International Campaign to Ban Landmines. **13-3030278**

Children1st America's Charities ™

10287 Children First - America's Charities www.charities.org (800) 458-9505 Children First delivers services addressing the needs of children and their families in communities across the nation and around the world through member agency programs. **30-0186795**

10700 ACTION for Child Protection www.actionchildprotection.org (800) 633-1285 Everyone hurts when a child is hurt. Even parents who maltreat and abuse their kids hurt. No one wants a child to get hurt again. ACTION for Child Protection helps keep children safe by providing their expertise to Child Welfare agencies in protecting children and preserving families. **56-1426213**

10701 Cancer Research for Children - CureSearch (National Childhood Cancer Foundation) www.curesearch.org (800) 458-6223 For over 50 years, the collaborative research conducted by our network of over 5,000 doctors, nurses and scientists has driven consistent improvements in cure rates for children with cancer. Cancer remains the #1 disease killer of children. Help us reach the day when every child with cancer can be cured. **95-4132414**

11089 Child Aid: Children's Literacy and Hearing Projects www.child-aid.org (503) 223-3008 Child Aid helps the children of the largely indigenous, rural poor by partnering with grassroots organizations in LatinAmerica. These organizations have the passion and drive but lack the financial and technical resources and experience in organization building that Child Aid provides. We believe people not projects create lasting change. **33-0317937**

36067 The Children's Health Fund www.childrenshealthfund.org (800) 535-7448 The Children's Health Fund (CHF) provides health care to homeless and poor children regardless of their ability to pay, responds to public health crises, and advocates on behalf of all children for appropriate health care. Our unique mobile medical units and fixed-site clinics offers comprehensive care to thousands of at-risk children each year. **13-3468427**

10702 Children's HeartLink www.childrensheartlink.org (888) 928-6678 Children's HeartLink, is an international medical nonprofit organization dedicated to the treatment and prevention of heart disease in needy children. Partnering with medical centers in developing countries, Children's HeartLink provides hands-on care to children and specialized medical training to cardiac professionals so that more children gain access to quality cardiac services. **41-1307457**

65105 Children's Hospital www.childrensnational.org (800) 787-0021 Serving the nation's children for more than 135 years, Children's is a proven leader in the development of innovative treatments for childhood illness and injury. With the support of the community, we provide word class care to all families, including those who can't afford to pay for treatment. **53-0196580**

11573 Children's Rights www.childrensrights.org (212) 683-2210 A national watchdog organization advocating on behalf of abused and neglected children in the U.S. Since 1995, the organization has used legal action and policy initiatives to create lasting improvements in child protection, foster care and adoption. **13-3801864**

12153 Coptic Orphans Support Association www copticorphans.org (800) 499-2989 An award-winning international Christian development organization that unlocks the God-given potential of disadvantaged children in Egypt, and so equips them to break the cycle of poverty and become change-makers in their communities. Since 1988, Coptic Orphans has equipped over 14,000 children throughout Egypt. **54-1637257**

JOIN THE GLOBAL FIGHT AGAINST CANCER

For as little as $5 per month, the Lance Armstrong Foundation can provide 36 cancer survivors access to online educational resources and inspirational survivor stories.

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IPPF International Planned Parenthood Federation
Western Hemisphere Region

Point Foundation is the largest publically supported organization providing financial support, mentoring, leadership training and hope to students of merit who are marginalized due to sexual orientation, gender identity or gender expression.

866.33.POINT 866.337.6468 www.pointfoundation.org
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POINT FOUNDATION
THE NATIONAL LGBT SCHOLARSHIP FUND

12007 Father Flanagan's Boys' Home www.boystown.org (800) 448-3000 Provides food, clothing, shelter, education, spiritual and medical care for homeless, neglected, abused, and communicatively handicapped boys and girls. Approximately 87 percent of the Home's support and revenue go toward the direct care of children and families in need. **47-0376606**

10987 Fellowship of Christian Athletes www.fca.org (800) 289-0909 Empowering and equipping coaches and athletes with encouragement, resources and training to influence and impact the world for Jesus Christ for more than 54 years. Developing positive peer groups while promoting a drug-free lifestyle, and benefitting young people through leadership and sport camp experiences and yearlong student led school activity. **44-0610626**

11874 Give Kids The World www.gktw.org (800) 995-5437 Give Kids The World is a non-profit organization that exists only to fulfill the wishes of all children with life-threatening illnesses to experience a memorable, cost free visit to Central Florida's attractions and enjoy the magic of Give Kids The World Village for as long as there is a need. **59-3327385**

28447 Global Fund for Children www.globalfundforchildren.org (202) 331-9003 True change comes from the community level. We support grassroots organizations worldwide serving the most vulnerable children, including orphans, street children, children in refugee communities and those affected by natural disaster. In addition, we publish children's books and invest in films and photography that promote tolerance and children's rights. **56-1834887**

10704 The Hole In The Wall Gang Fund www.holeinthewallgang.org (203) 772-0522 Founded by Paul Newman in 1988, is a residential summer camp and year-round center serving children coping with cancer and other life-threatening illnesses. We serve more than 15,000 children annually. Our Outreach program sup-

ports seriously ill children in hospitals. All programs are offered free of charge. **06-1157655**

11312 "I Have A Dream" Foundation® www.ihaveadreamfoundation.org (212) 293-5480 We empower children in low-income communities to achieve higher education by providing guaranteed tuition assistance and a long-term program of academic and social support. Local "I Have A Dream" chapters sponsor entire grade levels of students, working with these "Dreamers" from an early age all the way to college. **13-3355315**

12008 Junior Achievement www.ja.org (719) 540-8000 Junior Achievement programs help prepare young people for the real world by showing them how to generate wealth and effectively manage it, how to create jobs, and how to apply entrepreneurial thinking to the workplace. Students put these lessons into action, and help strengthen their communities. **84-1267604**

11375 Make-A-Wish Foundation® of America www.wish.org (800) 722-9474 The mission of the Make-A-Wish Foundation® is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. With the help of generous donors and nearly 25,000 volunteers, the Make-A-Wish Foundation® has granted more than 167,000 wishes in the U.S. since inception. **86-0481941**

11574 National Black Child Development Institute www.nbcdi.org (800) 556-2234 We work to improve and protect the quality of life of Black children and families. We advocate for the recognition and respect of their voices at the table of social policy and promote culturally empowering practices through a national affiliate network that provides public awareness and training. **52-0908178**

11575 Prevent Child Abuse America www.preventchildabuse.org (800) CHILDREN Our Mission: To prevent the abuse and neglect of our nation's children. Our Core Values: Valuing Children, Strengthening Families, Engaging Communities. Since 1972, America's oldest organization working at the national, state and local levels to prevent child maltreatment. Our prevention efforts promote experiences for children that are safe, healthy, nurturing. **23-7235671**

10948 Reading Is Fundamental, Inc. (RIF) www.rif.org (888) 725-4801 RIF works for literacy where it begins-with children and their families. Founded in 1966, RIF helps ensure that children become strong, enthusiastic readers by giving them access to books they choose and keep, engaging them in creative activities that promote reading, and involving parents and community volunteers. **52-0976257**

11277 Ronald McDonald House Charities® www.rmhc.org (630) 623-7048 Creates, finds and supports programs that directly improve the health and well-being of children worldwide through its global network of local Chapters and 281 Ronald McDonald House® programs worldwide. Its goal is to make an immediate, positive impact on as many children as possible worldwide. **36-2934689**

11158 Share Our Strength www.strength.org (800) 969-4767 Share Our Strength® is a national organization working to make sure no kid in America grows up hungry. We weave together a net of community groups, activists and food programs to catch children at risk of hunger and ensure they have nutritious food where they live, learn and play. **52-1367538**

10949 STANDUP FOR KIDS www.standupforkids.org (800) 365-4KID Empowers at-risk and homeless youth toward lifelong personal growth through both on-the-street outreach and in-school deterrent programs. STANDUP FOR KIDS creates sincere self-caring and self-confidence in youth through open, straightforward counseling and educational programs thereby helping them acquire the life skills necessary to become effective members of their communities. **33-0414855**

11305 Starlight Children's Foundation www.starlight.org (800) 315-2580 Helping seriously ill children and their families cope with their pain, fear and isolation through entertainment, education and family activities. Our array of in-hospital, outpatient and Web-based programs touch more than 200,000 U.S. children and families each month. **95-3802159**

10950 Teach For America www.teachforamerica.org (800) 832-1230 We are the national corps of recent college graduates of all academic majors who commit at least two years to teach in public schools and become lifelong leaders in expanding educational opportunity. **13-3541913**

11299 Tiger Woods Foundation, Inc. www.tigerwoodsfoundation.org (888) TWF-KIDZ Helping all children build values, characteristics and attitudes to reach their goals, TWF initiates and supports programs that enhance their learning, growth and development. **06-1468499**

83992 UnitedHealthcare Children's Foundation www.uhccf.org (952) 992-4459 The UHCCF facilitates access to health related services that improve the clinical condition and quality of life of children. Specifically, UHCCF provides medical grants to children, up to $5,000, to help families pay for medical services not covered or not completely covered by their commercial health benefit plan. **52-2177891**

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10963 Health First - America's Charities www.charities.org (800) 458-9505 Supporting those facing life-threatening illness, giving comfort and aid, conducting much-needed research, member organizations' programs provide services that may be found nowhere else. **30-0186796**

10577 AIDS & Infectious Disease Science Center, Inc. www.infection-research.org (800) 877-9541 Deadly new bacteria and viruses are discovered daily. By supporting scientists and their medical research, we can all work towards winning this life or death race. A few dollars buys safety goggles, latex gloves, and reagents for experiments. Each dollar provided for today's research brings us closer to tomorrow's cures. **33-0950809**

12117 Alzheimer's and Aging Research Center www.aging-research.org (800) 877-0019 Stop the suffering caused by Alzheimer's and other aging-related medical conditions! Your support makes exciting new research possible. Just $25 per month buys crucial lab supplies, or sends a scientist to an important international meeting in order to share research results and to establish productive partnerships with other medical experts. **33-0950810**

11371 American Foundation for the Blind www.afb.org (800) AFB-LINE AFB works to meet the needs of today's growing blind and visually impaired population by advocating on their behalf, providing leadership and training to organizations and professionals who serve them, developing and promoting universally accessible technology, and providing specialized information to individuals with vision loss, their families, and caregivers. **13-5562161**

11296 The Arc of the United States www.thearc.org (800) 433-5255 The Arc is dedicated to advancing supports and services for people with intellectual and developmental disabilities. The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. The Arc inspires communities to ensure people with intellectual disabilities have full participation in the community. **13-5642032**

10892 Arthritis & Chronic Pain Research Institute www.pain-research.org (800) 877-4166 Chronic pain caused by arthritis, cancer, and other conditions cripples 86 million Americans. Your support helps scientists working on understanding and treating chronic pain. We've pushed one possible treatment into clinical trials, but we won't stop there! Please help us continue searching for pain relief – for the benefit of all. **33-0950814**

11148 Black Women's Health Imperative www.BlackWomensHealth.org (202) 548-4000 An advocacy, education, and leadership development non-profit organization devoted to helping the nation's 19.5 million Black women and girls lead healthier lives. It promotes the empowerment of Black women as educated health care consumers and caregivers, as well as strong voices for the elimination of racial, gender and health disparities. **58-1557556**

12193 Breast Cancer Coalition www.stopbreastcancer.org (800) 622-2838 The National Breast Cancer Coalition Fund works to increase federal funding for breast cancer research. We led the effort to create access to breast and cervical cancer care for underserved and uninsured women, and train advocates to play an active role wherever breast cancer decisions are made. **52-1782065**

11074 Cancer Research and Prevention Foundation (Prevent Cancer Foundation) www.preventcancer.org (800) 227-2732 Since 1985, your donations have supported carrying out our mission of funding cancer prevention research; educating people about how they can prevent cancer; and supporting cancer prevention programs in communities across the nation. **52-1429544**

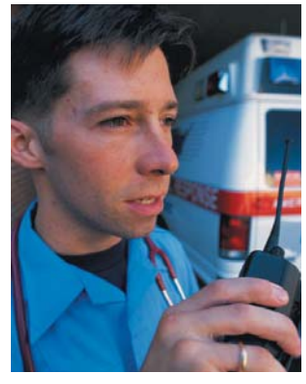
11716 Christopher and Dana Reeve Foundation www.ChristopherReeve.org (800) 225-0292 The Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy. **22-2939536**

11149 Diabetes Research Institute Foundation, Inc. www.diabetesresearch.org (800) 321-3437 Is a recognized world leader in cure-focused research and a pioneer in developing methods to restore insulin production in those living with this devastating disease. For the millions of families already affected by diabetes, the Diabetes Research Institute is the best hope for a cure. **59-1361955**

11990 Dystrophic Epidermolysis Bullosa Research Association of America www.debra.org (866) 332-7276 Direct services and research support for Epidermolysis Bullosa, a devastating and sometimes fatal skin disease characterized by fragile skin that forms severe blisters from the slightest friction, and causes wounds and extreme pain. Present at birth, EB causes a lifetime struggle against injury, infection and social isolation. **11-2519726**

10362 Hospice America (American Hospice Foundation) www.americanhospice.org (202) 223-0204 The voice of dying and grieving individuals. Its mission is to increase access to quality hospice care so that more people can die at home, with dignity and free of pain. The Foundation provides successful programs to help grieving family members, especially in the workplace and in schools. **52-1823611**

12006 International Planned Parenthood Federation, Western Hemisphere Region www.ippfwhr.org (866) 477-3947 Improve the quality of life of individuals by campaigning for sexual and reproductive health and rights through advocacy and services, especially for poor and vulnerable people. Defend the right of all young people to have sexual lives free from ill-health, unwanted pregnancy, violence, and discrimination. Strive to eliminate sexually transmitted infections and to eradicate HIV/AIDS.**13-1845455**



11991 Lance Armstrong Foundation www.livestrong.org (877) 236-8820 Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Lance Armstrong Foundation (LAF) unites people through programs and experiences. The LAF empowers cancer survivors to live life on their own terms and raises awareness and funds for the fight against cancer. Unite and fight cancer at LIVESTRONG.org. **74-2806618**

10579 The Marrow Foundation www.marrow.org (800) 627-7692 Everyday more than 6,000 people search the National Marrow Donor Program in hopes of finding a match for their life-saving marrow transplant. Our mission is to save lives through transplantation. We do this by supporting the building the national registry, providing patient assistance and advancing medical discovery. **41-1704734**

11150 Multiple Sclerosis Association of America www.msassociation.org (800) 833-4672 Exists to enrich the quality of life of individuals with MS by easing the day-to-day challenges they and their care partners face. Modifies people's homes to make them more accessible. It offers free services such as equipment distribution, social and support activities, a toll-free helpline, and MRI's for the uninsured. **22-1912812**

11714 NARAL Pro-Choice America Foundation www.ProChoiceAmerica.org (202) 973-3000 Educates and mobilizes informed and vocal pro-choice activists nationwide. In partnership with 24 affiliates, defends a woman's right to choose, advances policies to make abortion less necessary, and ensures that men and women have the means to make informed and responsible reproductive decisions, free from government interference. **52-1100361**

11151 National Down Syndrome Society www.ndss.org (800) 221-4602 Committed to being the national leader in supporting and enhancing the quality of life, and realizing the potential of all people with Down syndrome. We demonstrate this commitment through our education, research and advocacy initiatives that benefit people with Down syndrome and their families. **13-2992567**

11152 National Marfan Foundation www.marfan.org (800) 862-7326 Marfan syndrome, a genetic disorder of the body's connective tissue, is a chronic and progressive disorder which if undiagnosed, can cause sudden death. It affects men, women, and children of all races and ethnic groups. NMF provides comprehensive research, patient care, public and professional education and advocacy programs for families affected by this disorder. **52-1265361**

11992 National Organization for Rare Disorders (NORD) www.rarediseases.org (800) 999-6673 NORD: A federation of voluntary health organizations and individuals dedicated to helping people with rare 'orphan' diseases. NORD is committed to the identification, treatment, and cure of rare disorders through education, advocacy, services, and research. NORD is an information clearinghouse for rare disease information and referrals to appropriate resources. www.rarediseases.org **13-3223946**

10214 National Psoriasis Foundation www.psoriasis.org (800) 723-9166 We are the world's largest nonprofit organization dedicated to combating psoriasis and psoriatic arthritis. More than 7.5 million Americans live with psoriatic diseases. We fight discrimination against people with psoriatic diseases, support cutting-edge research and provide training and education for healthcare professionals, families, youth and the public. **93-0571472**

11154 Ovarian Cancer Research Fund www.ocrf.org (800) 873-9569 Leading the fight against ovarian cancer, our organization's mission is to fund the best researchers in the country - helping them discover methods of early detection, better treatments and ultimately a cure. Our organization also seeks to support patients and their families, provide education programs, and raise awareness of the disease. **13-3806788**

11715 Tuberous Sclerosis Alliance www.tsalliance.org (800) 225-6872 Founded in 1974, the TS Alliance is the only national voluntary health agency dedicated to finding a cure for TSC while improving the lives of those affected. TSC is a genetic disorder characterized by seizures and tumor growth in vital organs such as the brain, heart, kidneys, lungs and skin. **95-3018799**

88763 United Cerebral Palsy www.ucp.org (800) 872-5827 UCP affiliates serve more than 170,000 children and adults with disabilities and their families every day. Our affiliates provide services such as housing, therapy, early intervention programs, employment assistance. **20-3568840**

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57456 Community1st - America's Charities of Greater Washington, D.C. www.charities.org (800) 458-9505 Feeding the hungry, sheltering the homeless, protecting women and children, providing critical medical services, supporting families in need…support Greater Washington, D.C.'s most respected charities. **01-0914846**

21120 A Wider Circle www.awidercircle.org (301) 608-3504 The provision of beds, dressers, and other basic need items to families transitioning out of battered women's and homeless shelters or to people simply living without life's necessities. This is coupled with the delivery of health and wellness programming for children and adults in low-income schools, shelters, and community centers. **52-2345144**

88425 Anacostia Watershed Society www.anacostiaws.org (301) 699-6204 Since 1989, we have endeavored to restore and protect the heavily-polluted Anacostia River for the health and enjoyment of local communities and visitors to the Washington, D.C. metropolitan area. Our ultimate goal is to return the river to a swimmable and fishable condition in accordance with the Clean Water Act. **52-1666511**

99970 Black Student Fund www.blackstudentfund.org (202) 387-1414 Serves as an advocate for all black children and strives to assure that black students and their families have equal access to every educational opportunity by offering parents information on options in education for their children, providing multiracial training to teachers and networking educators into the independent school system. **52-6053597**

39664 Capital Hospice www.capitalhospice.org (703) 538-2065 Provides expert medical care and emotional, spiritual and practical support to more than 850 seriously ill patients and their families each day, regardless of their ability to pay, grief counseling to the community and education to the health care community. **54-1920770**

24770 Catholic Charities of the Diocese of Arlington, Inc. www.ccda.net (703) 841-3830 Is a nonprofit, social service agency meeting the needs of families, individuals and communities. Every program and service is open to all regardless of religious affiliation or race. For over 60 years, have furnished assistance to the hungry, homeless, the very poor, the troubled, and those with special needs throughout the 21 counties and 7 incorporated cities of Northern Virginia. **54-0515706**

43959 District of Columbia College Success Foundation www.dccollegesuccessfoundation.org (202) 207-1800 We increase the number of low-income D.C. students who complete college by providing scholarships, academic services and mentoring to high school students in Anacostia. We also provide college awareness training to young men of color in D.C. middle schools and high schools. Finally, we seek system-wide reform through coalition building. **20-5561911**

38270 Duke Ellington School of the Arts www.ellingtonschool.org (202) 333-2555 A unique public high school whose mission is to nurture and inspire passion for arts and learning in talented students who might not otherwise have the opportunity. Offers an intensive college preparatory curriculum and training in eight arts disciplines. 98% of seniors graduate and 95% are accepted into college. **31-1705384**

42156 Fairfax Area Christian Emergency and Transitional Services, Inc.
www.facetscares.org
(703) 352-5090 A supportive haven for impoverished individuals and families, providing food, temporary shelter throughout the winter, medical assistance, permanent and transitional housing, counseling, and educational programs. FACETS' programs include comprehensive programs that address physical, spiritual and emotional needs for people who are homeless or precariously housed. **54-1516266**

68151 Fairfax Court Appointed Special Advocates, Inc.
www.casafairfax.org
(703) 273-3526 Fairfax CASA identifies and supports volunteers (through recruitment, screening, training and supervision) who serve as advocates for children whose families have been cited for abuse and neglect in the Fairfax County Juvenile Court. These volunteers investigate and monitor each case, submit a written report to the court, and assist in the guardian ad litem's legal representation. Volunteers have one-on-one contact with the children, family members and other professionals to ensure that each child's needs are met. **54-1555197**

33770 Higher Achievement Program
www.higherachievement.org
(202) 544-3633 Provides year-round rigorous academic enrichment programming to motivated middle school students from under-served communities, resulting in placement to top college preparatory high schools. After 4 years in the program, scholars' GPAs jump from 2.3 to 3.8. 100% of 2008 graduates have moved onto college-prep high schools. **52-1383374**

83599 House of Ruth
www.houseofruth.org
(202) 667-7001 Provides housing and intensive services in Washington, DC to help women, children and families overcome homelessness, domestic violence and abuse. Closely monitors outcomes and each woman's and child's progress. Helps more than 600 women and children at a time (and over 1,500 annually) to achieve greater safety and stability. **52-1054102**

58126 Lorton Community Action Center (LCAC) www.lortonaction.org
(703) 339-5161 LCAC, established in 1975, is a 501(c)(3) nonprofit organization dedicated to enhancing the quality of life for individuals and families through a variety of programs and services. LCAC's mission is more easily understood when broken down into two categories - assistance and outreach. LCAC provides food, financial, furniture and clothing assistance to individuals and families on a regular basis. Our food pantry serves approximately 325 families a week. **51-0181451**

67041 Make-A-Wish Foundation® of the Mid-Atlantic, Inc.
www.midatlantic.wish.org
(301) 962-9474 A nonprofit organization that fulfills the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. The Foundation serves children who reside in Maryland, the District of Columbia, Northern Virginia and Delaware and has fulfilled the wishes of more than 6,000 children. **52-1306075**

72369 Rebuilding Together Alexandria
www.rebuildingtogetheralex.org
(703) 836-1021 Partner with volunteers to repair and revitalize homes/communities, ensuring low-income homeowners live in warmth, safety and independence. The result of our work in the City of Alexandria is to improve the quality of life and safety of homeowners in our community and to preserve home ownership and affordable housing. **54-1389286**

15005 Ronald McDonald House Charities® of Greater Washington D.C., Inc. www.rmhc.greaterdc.org
(202) 529-8204 Provides housing and other support services for seriously ill children, and their families, in an atmosphere of encouragement and comfort. Services are provided to children and families treated in area hospitals. Some grants are made to other charitable organizations to assist with programs for children in the Washington, D. C. area. **52-1132262**

79985 The Shepherd's Table, Inc.
www.shepherdstable.org
(301) 585-6463 Shepherd's Table is Montgomery County's oldest resource center for people experiencing homelessness and poverty, providing a wide range of basic human services, including an evening meal seven nights a week. Additionally Shepherd's Table provides social services, clothing, crisis intervention, eye care, prescription assistance, and medical assistance through a partnership with Mobile Med. **52-1381738**

56138 Signature Theatre, Inc.
www.signature-theatre.org
(703) 820-9771 Under the leadership of Co-founder and Artistic Director Eric Schaeffer and Managing Director Maggie Boland, Signature produces contemporary musicals and plays, reinvents classic musicals, and develops new work. To date, Signature has presented over 25 world premiere productions and is renowned for combining Broadway-quality productions with intimate playing spaces. **62-1417785**

40585 The Wellness Community - Greater Washington, DC
www.wellnesscommunitydc.org
(888) 793-well Provides free programs of emotional support, education and hope for people with cancer and their loved ones. **20-3792198**

99581 WETA (Greater Washington Educational Telecommunications Association) www.weta.org
(703) 998-2600 A public television and radio broadcaster serving Washington with TV 26 and Classical 90.9 FM, Washington's only classical music station. The programs we produce for PBS create exceptional television, including The NewsHour with Jim Lehrer, Washington Week and Ken Burns' documentaries. **53-0242992**

38871 Whitman-Walker Clinic
www.wwc.org (202) 797-3520
Provides health care services to anyone in the community, regardless of sexual orientation, gender identity or HIV status.Our specialty is compassionate medical care and supportive services for the gay, lesbian, bisexual and transgender communities and those living with or affected by HIV/AIDS. **52-1122122**

98682 Youth For Tomorrow - New Life Center, Inc.
www.youthfortomorrow.org
(703) 368-7995 Founded by Hall of Fame Redskins Coach Joe Gibbs in 1986, we are a residential youth home and private school in Bristow, Virginia, for at-risk boys and girls. We provide a safe, healthy, and compassionate environment for youth who have been abandoned, abused, or otherwise alienated from family and community. **52-1342268**

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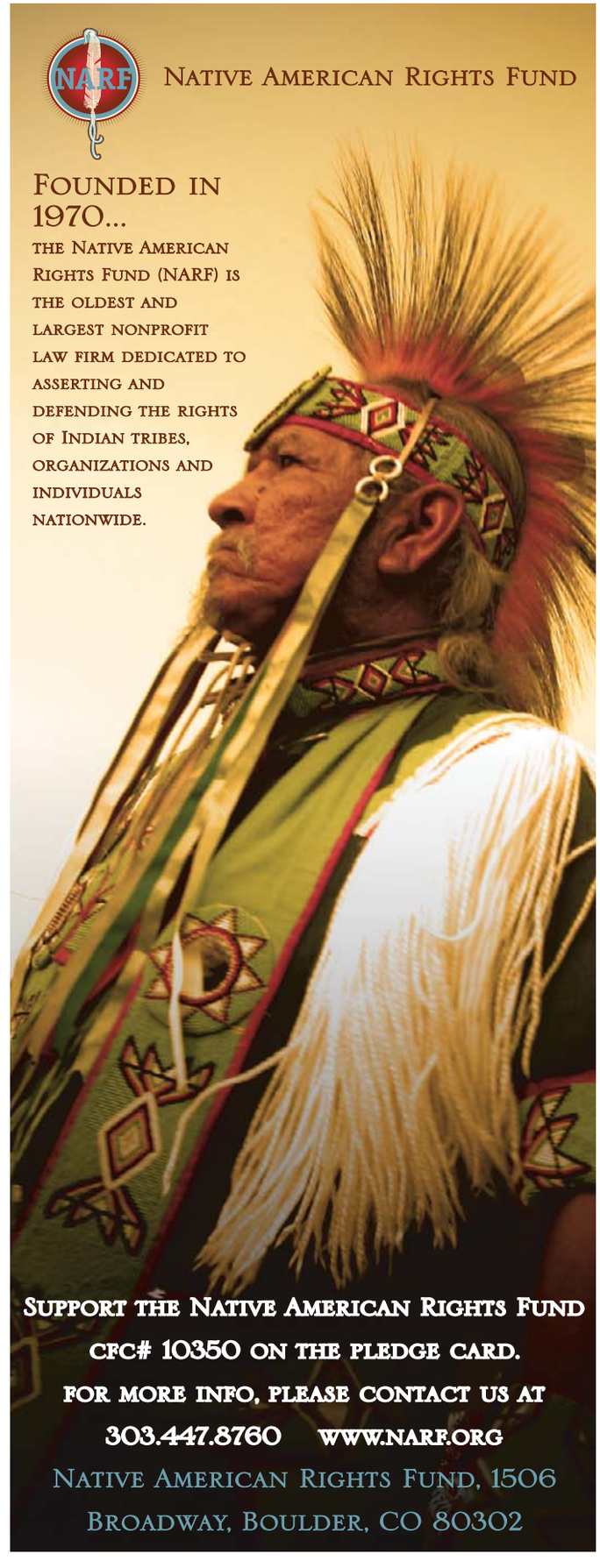

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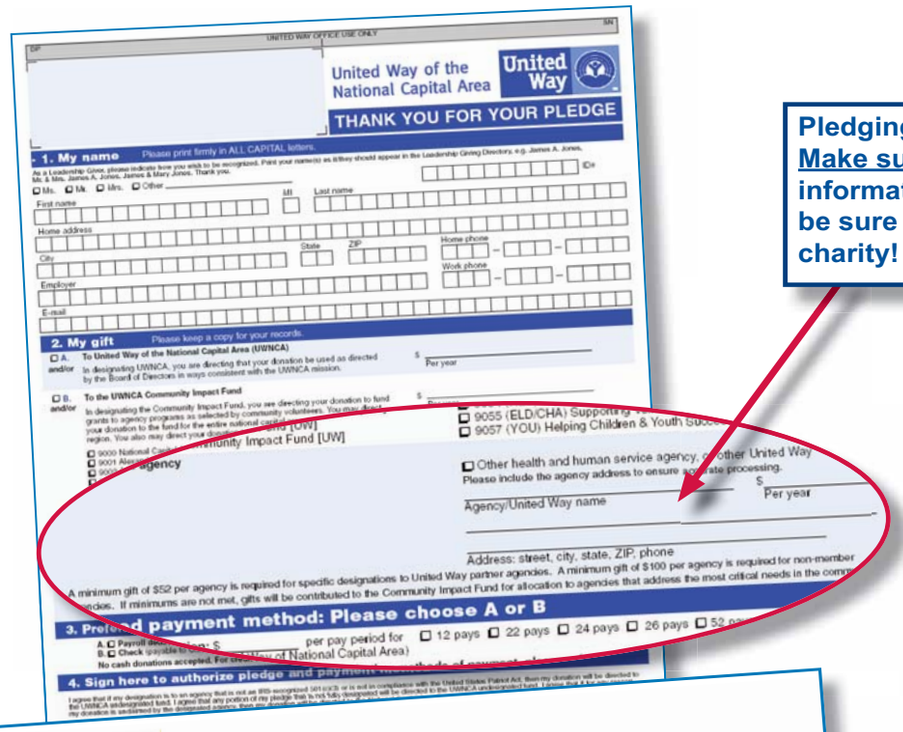

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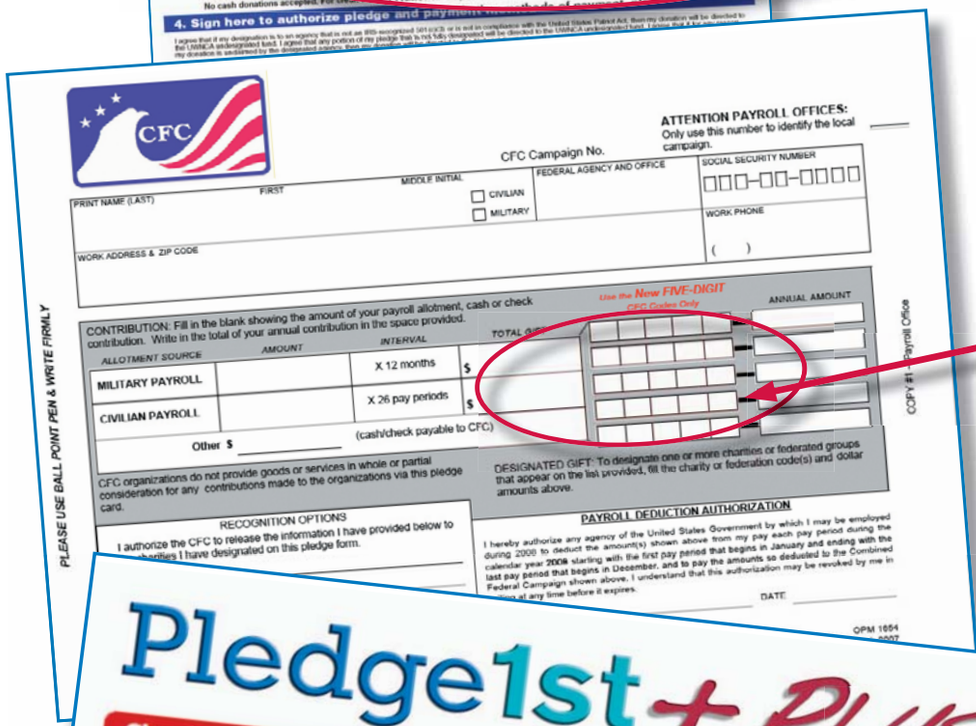

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fit

TRAINEVENT

ISTOCK

King of the Hills Offers Lessons

The idea of running hills makes a lot of joggers want to, well, run for the hills. But if you train only on flat terrain, chances are you're going to be in for a rude awakening — or, at least, a rude incline — at your next race. "Rarely do you get a totally flat course," says Sean Hanrahan, the endurance coach at Rockville's Life Time Fitness (1151 Seven Locks Road; 240-314-7022; Lifetimefitness.com), who's leading a "Hills Are Your Friends" workshop this Saturday at 8 a.m. (nonmembers welcome, too; just register ahead of time).

Not feeling too chummy right now? Hanrahan promises to change that by retooling your stride. "What we're trying to do is teach the body how to lean forward," he explains. That doesn't mean hinging from the hips, but rather the ankles, almost like you're ready to splat flat on your face. If you can harness that momentum to help propel you forward, you'll have more energy to conquer elevation. And, he adds, proper positioning raises the odds that you'll load weight on your feet correctly, too.

Since he expects to attract a mix of indoor and outdoor runners, Hanrahan hopes to split the two hours between treadmill time and outdoor terrain. Both have advantages — machines let you play with elevation and stamina in any way you choose, and the outdoors offers more unpredictability. Whichever you prefer, Hanrahan says there's nowhere to go but up. V.H.

Participate in a study at Johns Hopkins Center for Immunization Research and help develop vaccines for Dengue Fever and Malaria.

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Principal Investigator: Anna Durbin, MD
Approved by CHR on May 14, 2008 CHR# H.22.04.02.19.A2 (AD # DC104)

fit | Nutrition

Super for Supper

These six food staples should be added to your next shopping list

These common, unsuspecting foods are nutritional Clark Kents — they may look weak and ineffectual, but under their humble facades, they're ready to soar.

ISTOCK

FULL-FAT CHEESE

This dairy product is an excellent source of casein protein — one of the best muscle-building nutrients you can eat. Danish researchers found that even when men ate 10 ounces of full-fat cheese daily for three weeks, their LDL ("bad") cholesterol didn't budge.

ICEBERG LETTUCE

Conventional wisdom suggests this salad staple is nutritionally bankrupt. But as it turns out, half a head of iceberg lettuce has significantly more alpha-carotene, a powerful disease-fighting antioxidant, than either romaine lettuce or spinach.

MUSHROOMS

This fungi's metabolites — byproducts created when mushrooms are broken down during digestion — have been shown to boost immunity and prevent cancer growth, report researchers in the Netherlands.

PORK CHOPS

Pork contains almost five times the amount of selenium — a mineral linked to a lower risk of prostate cancer — of beef and twice that of chicken. And Purdue University researchers found that a 6-ounce serving daily helped people preserve muscle while losing weight.

RED-PEPPER FLAKES

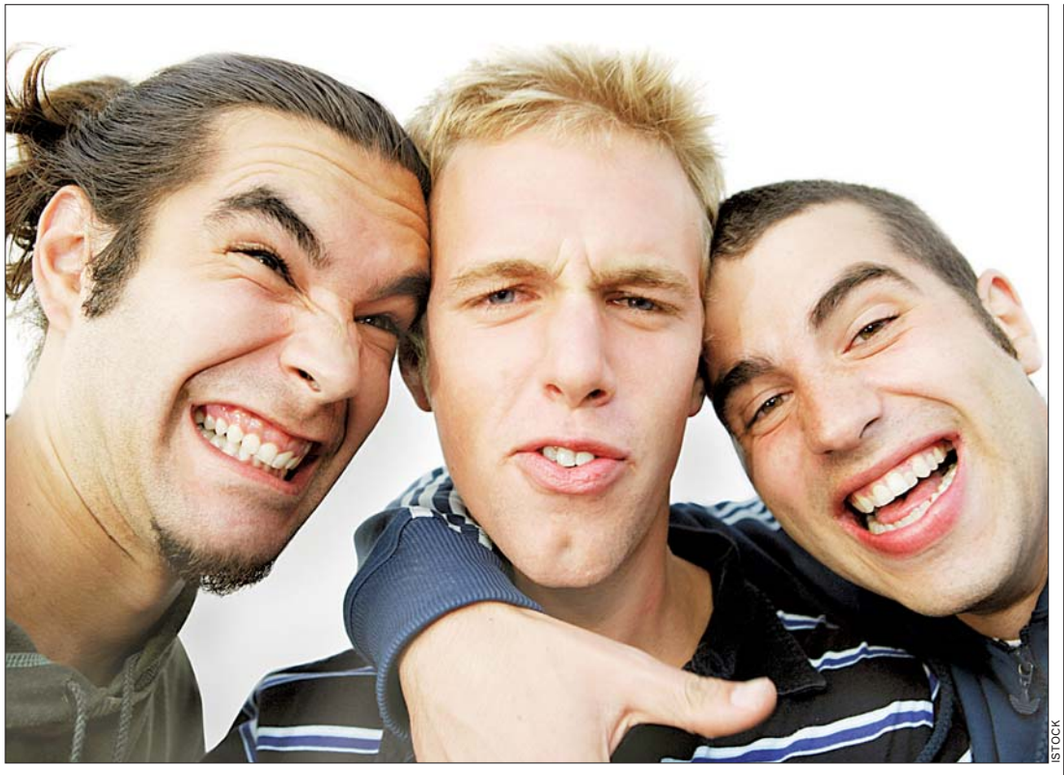
A Dutch study found that consuming a gram of red-pepper flakes — about half a teaspoon — 30 minutes prior to a meal reduced calorie intake by 16 percent. Plus, new research suggests its active ingredient, capsaicin, may help kill cancer cells.

VINEGAR

Scientists in Sweden discovered that when people consumed 2 tablespoons of vinegar with a high-carb meal, their blood sugar was 23 percent lower than when they skipped the antioxidant-loaded liquid. They also felt fuller. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Discover how you can burn fat and lose weight fast without dieting, counting calories, or using any so-called weightloss supplements.

Rockville, MD-Local residents are raving about a new video just released online that reveals a new shocking weightloss formula that helped a former overweight personal trainer lose over 50 lbs in less than 180 days without dieting, counting calories, or using any weightloss supplements. If you're struggling with trying to lose weight and tired of dieting or starving yourself, for a limited time only, you can watch the video online for free and also claim a **free** fat-burning workout dvd ($19.97 value) by visiting **www.shockingweightlossformula.com today.**



ISTOCK

With Friends Like These

Health boosters can come in the form of certain kinds of buddies

You know that close friendships feel good, but did you know just how much of a health boost they can be? According to a 10-year study of older people in Adelaide, Australia, satisfying friendships predict longevity better than even close family ties, and they can protect against obesity, depression and heart disease, among other health problems. You don't need 600 Facebook friends or a jam-packed social calendar to reap these impressive perks (in fact, both can backfire). Research shows the following types of relationships are especially potent for your health. Here's how to cherish these friendships and make sure you stay close for the long haul.

1 A Childhood Friend

Longtime intimates knew you and your family while you were growing up and likely have memories and stories of you that no one else does. "These friends remind you that you are still the person you've always been," says Rebecca G. Adams, a leading friendship researcher and sociology professor at the University of North Carolina at Greensboro. Nurture these ties online, and stay in touch with phone calls. Research from the University of Notre Dame shows that people who chat at least every 15 days have the best chance of staying close over time.

2 A New Friend

"As we get older, we can fall into ruts," says Pamela McLean, a psychologist in Santa Barbara, Calif. "New friends ignite different kinds of thinking and fresh ways of being." What's more, they'll connect you to another network of people, says Rosemary Blieszner, a professor at Virginia Tech who has researched friendships among older women. That network can be helpful if you're looking to make a career change or find a new pool of potential dates.

3 A Workout Friend

Experts agree that exercising — whether walking, golfing or salsa dancing — is one of the most important things you can do for your physical and mental health and longevity. And a good friend may be the glue that makes this healthy habit stick. A University of Connecticut study of 189 women ages 59 to 78 found that strong social support was key to maintaining a new exercise regimen for one year.

4 A Spiritual Friend

A study from Duke University Medical Center found that people who regularly attended religious services or engaged in activities such as prayer, meditation or Bible study had a 50 percent lower risk of dying over a six-year period than others of the same age and health status. That's not to say it's easy to forge a connection in a room of 300 worshippers or while meditating on your own. Seek more intimate opportunities by volunteering at your church or temple, or try a neighborhood yoga center.

> "As we get older, we can fall into ruts. New friends ignite different kinds of thinking and fresh ways of being."

5 A Younger Friend

Research shows that an essential element of a happy life is to nurture and feel useful to others by passing on what you've learned through experience. To maximize the benefits of this friendship, let advice flow in both directions. A younger confidante can explain the social networking site du jour or offer a fresh take on current events.

6 Your Partner's Friends

The more a couple's family and friends intermingle, the happier spouses are after even just one year of marriage, found one study that examined the social circles of 347 couples. "We were surprised," says researcher Kenneth Leonard, a professor of clinical psychology at SUNY Buffalo. "Including your spouse in your network of friends is nearly as important for marital happiness as making them feel they are a part of your family."

7 Yourself

How does one befriend herself, exactly? It starts with self-knowledge, says Pamela Peeke, an assistant clinical professor of medicine at the University of Maryland. Getting to know yourself is an amazing adventure, she says. To give yourself the TLC you deserve, write down seven things that make you feel happy and healthy (cooking dinner, talking to a friend, running, reading a book), and make sure you do at least one every day. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

STETHOSCOPE

ISTOCK

INJURIES

That's Not So Hot

■ Hot tubs always spell trouble on reality shows, and it seems that's true in real life, too. According to the American Journal of Preventative Medicine, hot tub injuries increased 160 percent between 1990 and 2007. Slips and falls accounted for half of the accidents, and although children under 16 represent only a quarter of those hurt, reseachers say parents should pay particular attention when kids are splashing around.

PARENTING

Great Expectations

■ "Mom, I was just living up to your expectations when I skipped school." That's painful, but possibly true, says a new study out of Wake Forest University. Mothers of sixth- and seventh-graders were surveyed about how they thought their children would behave over the course of a year, and those who expected more rebellion were more likely to see it happen. Of course, that may be because moms know their kids pretty well by age 12.

CIGARETTES

Smoke Alarm

■ Efforts to get Americans to quit smoking aren't looking so hot these days. A report from the U.S. Centers for Disease Control and Prevention has found that although the percentage of Americans who smoke has dropped considerably over the last decade, recent years have been stagnant, and the figure actually inched up from 19.8 in 2007 to 20.6 in 2008. This news comes right before the American Cancer Society's Great American Smokeout, which is this Thursday.

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To learn more, visit **aspirintrial.com**. Or contact the local research team:

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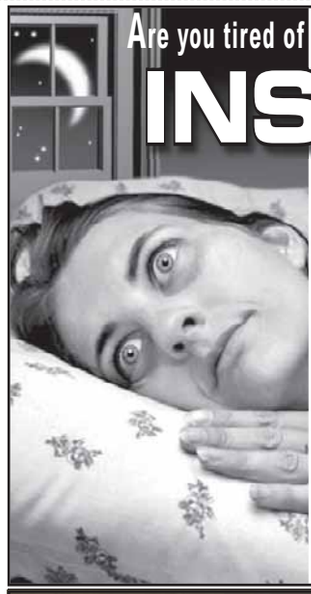

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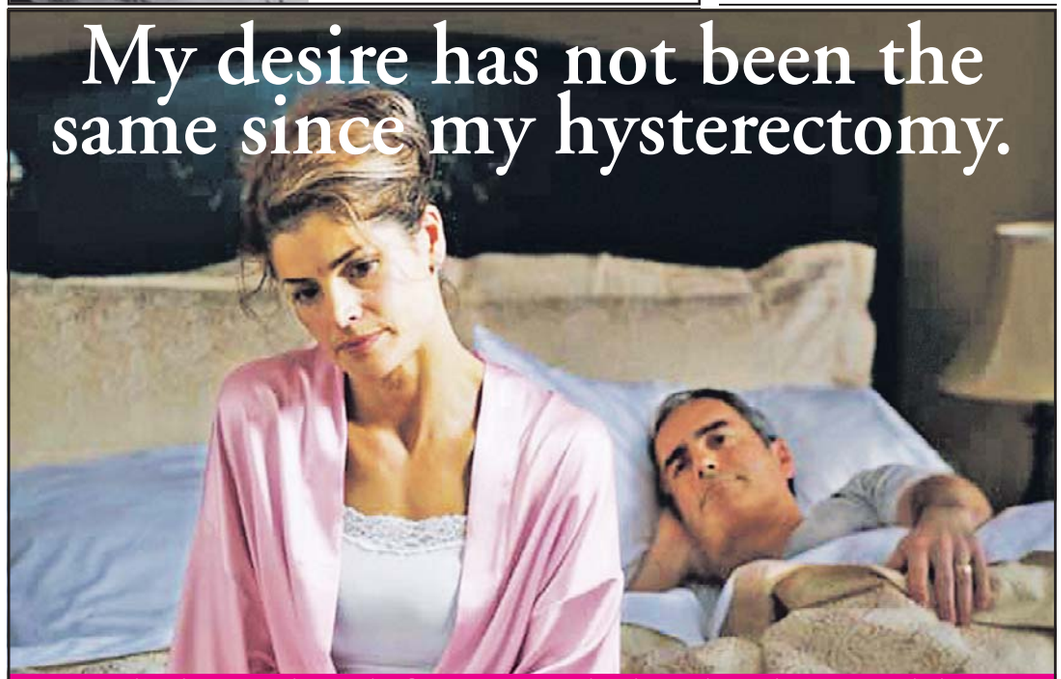

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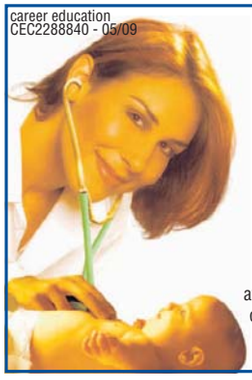

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Poolesville—$2,600, 4 br, 2 ba, 1 1/2ba, 3 Fls, 2 Car Attached gar, 17027 Hersperger Ln, Poolesville, MD, 240-246-4492

PRINCE GEORGE'S COUNTY- Rent to own, several properties available. 3BR, 2BA. $1350 & up. All credit reviewed. Call **877-797-3721**

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Riverdale EHO

$500 off 1st Month

- FREE gas cooking & hot water
- New kitchens
- Large closets
- Minutes to I-495. B/W Parkway & New Carrolton Metro

Auburn Manor
888-332-6003
6821 Riverdale Rd
Income Restrictions apply ask for details
*on select apts for qualified applicants

RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

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GATED COMMUNITY
Furnished Apartments*

- Fitness Center on Property
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- Washer/Dryer**
- Outdoor & Indoor Pools
- Free 6 week summer camp

**Select Units

FREE CABLE & INTERNET 1 BRs ONLY* 1-BRs from $895 *Subject to change. Call for details.

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5409 Riverdale Road • Riverdale, MD 20781

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling *select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

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- Walk to Metro
- Walk to Elementary School
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- Close to Fort Totten & West Hyattsville Metro
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- Free 6 wk summer camp
- Convenient to shops, schools and I-495

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- 1 BR & 2 BRs
- Walk-in Closet
- Balconies
- Laundry Room

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Rockville

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Rockville, MD 20852
301-294-9448

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2 BR from $1050

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- Remodeled Kitchen
- Wall-to-wall Carpet
- Walk to Metro
- On Metro bus route
- Conveneint to Shopping and Dining

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Rosecroft Mews Apartments
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Ft Washington,Md 20744
1-866-652-4957

Recession Special
Must Move in by Nov. 20th
$699.00 One Bdrm
$759.00 One Bdrm + Den
$799.00 Two Bdrm
$859.00 Two Bdrm + Den

Newly Renovated Apartment Homes
Spacious Apts,Wall to Wall Cpt, Washer, Dryer, Dishwasher,Fitness Center+more
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SE- 4215 1st St - Large 2BR Apt., Hardwood Floors. $775 plus elec. **Delwin 202-561-4675**

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SE

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1001 Spring St.
Silver Spring, MD 20910
ColespringPlaza.com
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Silver Spring, MD 20910
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Silver Spring, MD 20910
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SE

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- Beautifully landscaped community
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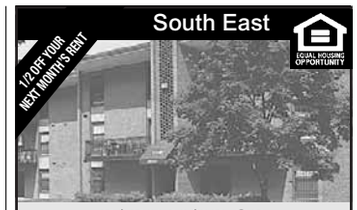

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5% DISC.TO METRO & DC GOVT EMPLOYEES

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* Location * Location *Location
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lookout

Back in the Spotlight

Sarah Palin's book hits shelves as she embarks on a massive self-marketing tour

BOOK | For Sarah Palin, whose electrifying debut on the national stage at last year's Republican National Convention was followed by perceived missteps and critical coverage that left her feeling unappreciated and under attack, "Going Rogue: An American Life" is a shot at redemption and revenge.

Like just about everything she has done publicly since she was thrust into the national spotlight as Republican presidential candidate John McCain's running mate, Palin's entry into the literary world has been splashy and contentious. Her three-week, 14-state tour, kicked off Monday by an appearance on "Oprah," is an opportunity to recapture the narrative of her career, keep her political options open and make heaps of money in the process.

After suddenly resigning the governorship of Alaska this summer and laying low for a few months to write her memoir, she crashed back into the limelight this week with a book that topped bestseller lists well before its Tuesday publication.

For her legions of fans, many who've been dispirited by the Republican Party since the election of Barack Obama, the publication of "Going Rogue: An American Life" is a balm and an inspiration.

"She really is part of this new, organic movement with the 'tea parties,'" said Marjorie Dannenfelser, president of the Susan B. Anthony List, which supports female anti-abortion candidates.

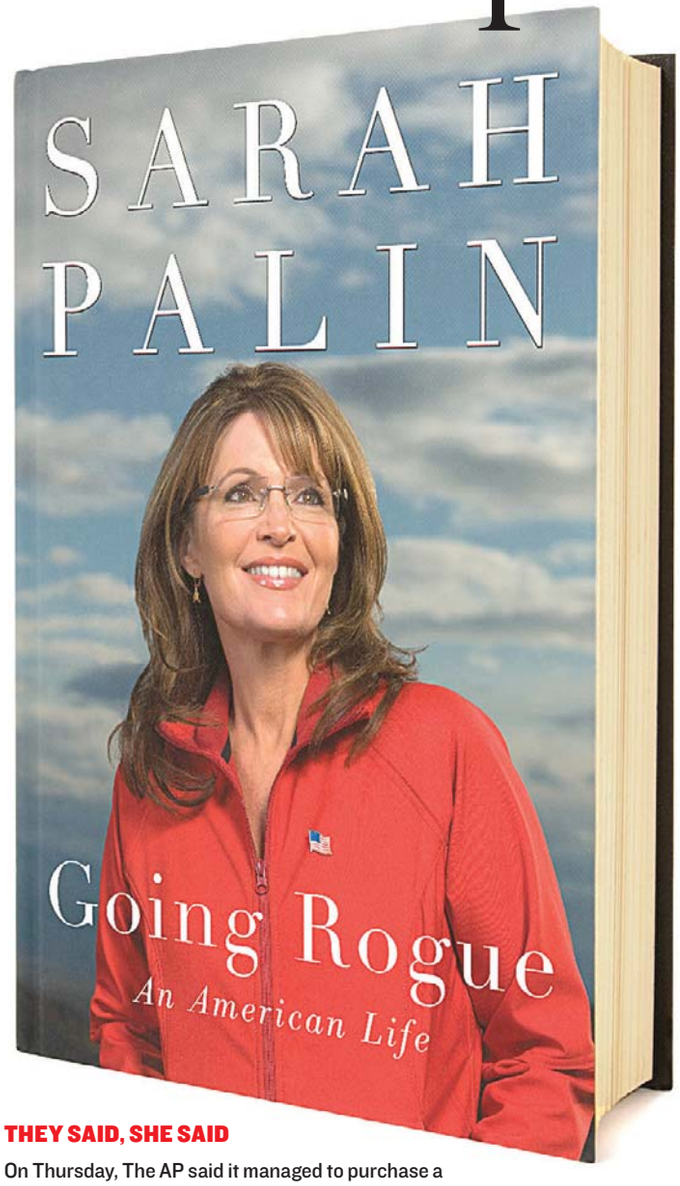
> **"People living regular lives, they are drawn to her. She is a regular person who is also very strong."**

On "Oprah," Winfrey asked Palin whether she will invite Levi Johnston, her daughter Bristol's ex-boyfriend and the father of Palin's grandchild, over for Thanksgiving. Johnston, who was in New York this week to pose nude for Playgirl, last month trashed Palin's marriage in a Vanity Fair essay, accusing her of being a bad mother to her youngest child, Trig.

In response to Winfrey's question, Palin says, "That's a great question because it's lovely to even think he would consider such a thing. We don't have to keep going down this road of controversy and drama."

But it's exactly this sort of family problem that many of Palin's supporters find so relatable.

"People living regular lives, they are drawn to her," said Dannenfelser. "She is a regular person who is also very strong. I am anxious to read her book." ROBIN ABCARIAN AND MAEVE RESTON (LOS ANGELES TIMES)



HARPER

THEY SAID, SHE SAID

On Thursday, The AP said it managed to purchase a copy of "Going Rogue." The news organization called the book a score-settling account and said it expresses Palin's anger about every part of her role in John McCain's presidential campaign. Palin later used her Facebook page to accuse The AP of "erroneously reporting the contents of the book."

EVAN AGOSTINI/AP

Cox will be Gale Weathers once again.

A Cougar's Very Scary Future

Courteney Cox will reprise her role in a fourth 'Scream' movie

HORROR | Courteney Cox isn't done running from masked serial killers.

The 45-year-old "Cougar Town" and "Friends" star says she's excited about returning to the horror genre in "Scream 4," the upcoming slasher sequel being written by Kevin Williamson, who wrote the first two films in the popular horror trilogy. Cox met her husband, 38-year-old actor David Arquette, on the set of the first "Scream" film in 1996.

"There are really only a few of us that survived," says Cox.

Cox and Arquette will reprise their roles as overzealous reporter Gale Weathers and bumbling sheriff Dwight "Dewey" Riley in the fourth installment, along with 36-year-old actress Neve Campbell. Cox shrugged off rumors that Weathers and Dewey would be killed off at the beginning of the film. DERRIK J. LANG (AP)

SEQUELS **The Purest Gift of All** Country music A-lister George Strait will star in a follow-up to his 1992 film "Pure Country" for Warner Bros. "A Pure Country Gift" is directed by Chris Cain, who also helmed the first film. He co-wrote the new screenplay with his son, "Lois & Clark" actor Dean Cain, who also has a role in the film. The father-son collaboration is their first. "Country Gift" isn't a sequel, per se, but more of "a movie in the 'Pure Country' genre," Chris Cain said. (THE HOLLYWOOD REPORTER)

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entertainment lookout

SONY/BMG

POTENTIAL REACHED: Mayer's signature "Your Body Is a Wonderland" sap is nowhere to be found on "Battle Studies."

True Guitar Hero

John Mayer ditches the weepy Muzak and gets in touch with his inner rock musician

MUSIC | Get ready for this one, lovestruck John Mayer fans of the female variety: He may have finally left the days of "Your Body is a Wonderland" behind him.

With "Battle Studies," Mayer's fourth album, the guitarist known equally well for his ways with guitars and with women delivers a combination of acoustic and electric tracks that build on the fuzzy rock and blues foundation he's been experimenting with for the past few years. Though the album doesn't serve as a complete stylistic departure from what Mayer has done before, it's enough of a difference to delight those who were wondering when he would finally move past elevator music.

In that sense, then, "Battle Studies" seems like a natural follow-up to "Continuum," Mayer's critically loved 2006 album.

Though that release's hopeful first single, "Waiting on the World to Change," was stylistically simple, the album signified a shift for Mayer from straightforward acoustic to heavier rock.

expressnightout

➜ For more of this review and to hear some of John Mayer's new tracks, please visit our Web site.

WWW.EXPRESSNIGHTOUT.COM

The "Slowhand Jr." nickname that Rolling Stone gave him makes sense — Mayer ends up channeling Eric Clapton in more ways than one, both in the album's instrumentation (think "Layla") and compelling songs about heartache (you can think about "Layla" for this one, too).

Mayer has said "Battle Studies" is like a "heartbreak handbook," and that concept begins immediately with the opener, "Heartbreak Warfare." Starting with an orchestral, very U2-like wall of sound (somewhat similar to what Bono and co. did with "Where the Streets Have No Name"), Mayer keeps things soothingly slow, a move that pairs unexpectedly — but successfully — with his frustrated lyrics.

Though the album does have missteps, it's possibly Mayer's most cohesive yet. And while he hasn't succeeded in "closing up shop on acoustic sensitivity," as he told MTV a few years ago that he would do, he's certainly progressing past it — and for the man who once tried to seduce Rob Dyrdek's mom on "Fantasy Factory," that's an accomplishment.

ROXANA HADADI

SYNDICATION Tyler Perry's Continued Success Tyler Perry's TBS comedy series "Meet the Browns" is headed to broadcast syndication. Debmar-Mercury has cleared the sitcom in more than 70 percent of the U.S. for a September debut with several major station groups, including Fox, Tribune, CBS, Capital, Cox and Belo. (THE HOLLYWOOD REPORTER)

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2012 (PG-13) ★ (1200 100 230 330 430) 600 700 800 930 1030
MEN WHO STARE AT GOATS (R) - ID REQ'D (150 410) 640 910
CHRISTMAS CAROL (PG) ★ (300 PM) 820 PM 1050 PM
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (110 200 340 440) 620 720 900 1000
OC & DA: A CHRISTMAS CAROL (PG) (1230 PM 530 PM)
THE BOX (PG-13) (140 420) 710 1010
THE FOURTH KIND (PG-13) (1210 250 520) 750 1020
MICHAEL JACKSON: THIS IS IT (PG) (1250 350) 650 940
PARANORMAL ACTIVITY (R) - ID REQ'D (1220 240 500) 730 950
LAW ABIDING CITIZEN (R) - ID REQ'D (120 450) 740 1040
WHERE THE WILD THINGS ARE (PG) (130 PM 400 PM)
COUPLES RETREAT (PG-13) 630 PM 920 PM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

2012 (PG-13) ★ (1145 1220 110 305 345 435) 630 715 800 955 1035
PIRATE RADIO (R) - ID REQ'D (120 420) 730 1020
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1145 210 430) 700 930
CHRISTMAS CAROL (PG) ★ (1230 PM 515 PM) 745 PM
OC & DA: A CHRISTMAS CAROL (PG) (255 PM) 1015 PM
MEN WHO STARE AT GOATS (R) - ID REQ'D (1200 230 445) 720 945
THE BOX (PG-13) (1150 220 500) 750 1045
THE FOURTH KIND (PG-13) (1215 300 530) 810 1030
MICHAEL JACKSON: THIS IS IT (PG) (130 415) 710 950
ASTRO BOY (PG) (1245 PM) 640 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (100 410) 740 1010
WHERE THE WILD THINGS ARE (PG) (350 PM) 915 PM
COUPLES RETREAT (PG-13) (1250 340) 650 940
PARANORMAL ACTIVITY (R) - ID REQ'D (1250 310 535) 830 1040

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

PIRATE RADIO (R) - ID REQ'D (140 420) 720 1000
2012 (PG-13) ★ (110 335 405 435) 700 730 800 1025
OC: THE BOX (PG-13) (445 PM) 1035 PM
MEN WHO STARE AT GOATS (R) - ID REQ'D (115 330 545) 805 1020
THE BOX (PG-13) (200 PM) 750 PM
THE FOURTH KIND (PG-13) (105 325 550) 810 1035
CHRISTMAS CAROL (PG) ★ (250 510) 745 1005
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (220 440) 715 935
MICHAEL JACKSON: THIS IS IT (PG) (125 415) 735 1010
AMELIA (PG) (400 PM) 915 PM
ASTRO BOY (PG) (100 PM 315 PM 530 PM)
LAW ABIDING CITIZEN (R) - ID REQ'D (1255 350) 705 950
WHERE THE WILD THINGS ARE (PG) (130 PM) 645 PM
GOOD HAIR (PG-13) 815 PM 1030 PM
COUPLES RETREAT (PG-13) (145 PM) 650 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (430 PM) 930 PM

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

2012 (PG-13) ★ (1210 120 200 335 450 530) 700 815 910 1025
RW & DA: 2012 (PG-13) ★ (1245 PM 420 PM) 745 PM
PRECIOUS (R) - ID REQ'D (100 215 330 445) 600 720 830 1000 1100
PIRATE RADIO (R) - ID REQ'D (1250 355) 650 940
BOONDOCK SAINTS 2 (R) - ID REQ'D (1230 320) 630 920
MEN WHO STARE AT GOATS (R) - ID REQ'D (110 345 440) 605 715 820 945 1040
THE BOX (PG-13) (220 500) 740 1030
THE FOURTH KIND (PG-13) (140 400) 620 845 1105
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (115 210 350 435) 610 710 825 925 1050
CHRISTMAS CAROL (PG) ★ (1215 240 505) 730 955
MICHAEL JACKSON: THIS IS IT (PG) (130 405) 640 915
ASTRO BOY (PG) (150 PM)
SAW VI (R) - ID REQ'D 855 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (135 415) 725 1020
WHERE THE WILD THINGS ARE (PG) (205 PM 425 PM) 635 PM
GOOD HAIR (PG-13) (310 PM 525 PM) 1015 PM
COUPLES RETREAT (PG-13) (1235 PM) 735 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (105 325 550) 800 1005

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3455

PRECIOUS (R) - ID REQ'D (100 200 345 445) 645 745 940 1020
RW & DA: 2012 (PG-13) ★ (150 PM 510 PM) 830 PM
2012 (PG-13) ★ (110 220 435) 640 800 1000
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 430) 700 930
CHRISTMAS CAROL (PG) ★ (140 500) 730 1005
MEN WHO STARE AT GOATS (R) - ID REQ'D (135 515) 755 1030
THE BOX (PG-13) (125 410) 725 1025
THE FOURTH KIND (PG-13) (145 425) 650 945
MICHAEL JACKSON: THIS IS IT (PG) (130 415) 715 950
LAW ABIDING CITIZEN (R) - ID REQ'D (120 420) 720 1010
PARANORMAL ACTIVITY (R) - ID REQ'D (115 405) 655 1040
COUPLES RETREAT (PG-13) (105 PM) 740 PM
SAW VI (R) - ID REQ'D (440 PM) 1035 PM

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

2012 (PG-13) ★ (100 330 420) 700 810 1020
CHRISTMAS CAROL (PG) ★ (1250 310 535) 800 1025
THE BOX (PG-13) (230 510) 750 1030
THE FOURTH KIND (PG-13) (245 520) 740 1000
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 430) 710 935
MICHAEL JACKSON: THIS IS IT (PG) (120 410) 650 930
ASTRO BOY (PG) (150 PM)
WHERE THE WILD THINGS ARE (PG) (400 PM) 640 PM 910 PM
COUPLES RETREAT (PG-13) (450 PM) 730 PM 1005 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (140 345) 610 820 1020
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (205 PM)

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

PRECIOUS (R) - ID REQ'D (150 230 425 510) 710 750 950 1035
2012 (PG-13) ★ (110 335 405 435) 700 730 800 1025
MEN WHO STARE AT GOATS (R) - ID REQ'D (100 320 535) 810 1040
THE BOX (PG-13) (210 455) 735 1015
THE FOURTH KIND (PG-13) (250 525) 810 1040
CHRISTMAS CAROL (PG) ★ (110 345) 620 845
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (140 415) 650 915
MICHAEL JACKSON: THIS IS IT (PG) (205 440) 715 1000
PARANORMAL ACTIVITY (R) - ID REQ'D (100 315 545) 755 1005
ASTRO BOY (PG) (255 PM 520 PM)
LAW ABIDING CITIZEN (R) - ID REQ'D (200 445) 740 1030
COUPLES RETREAT (PG-13) 745 PM 1020 PM

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

LAW ABIDING CITIZEN (R) - ID REQ'D (1255) 350 655 1005
2012 (PG-13) ★ (1200 100) 330 445 700 830 1030
PRECIOUS (R) - ID REQ'D (1130 1230 215) 315 500 630 745 930 1035
OC: THE BOX (PG-13) 400 PM 950 PM
MEN WHO STARE AT GOATS (R) - ID REQ'D (1245 220) 320 440 620 715 920
THE BOX (PG-13) (110 PM) 705 PM
THE FOURTH KIND (PG-13) (1215 245) 520 800 1020
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1155 130 230 410 505) 640 730 910 1000
BOONDOCK SAINTS 2 (R) - ID REQ'D (140) 430 710 950
MICHAEL JACKSON: THIS IS IT (PG) (1150 240) 530 810 1045
GOOD HAIR (PG-13) 1010 PM
COUPLES RETREAT (PG-13) (1140 AM)
PARANORMAL ACTIVITY (R) - ID REQ'D (120) 340 610 820 1040

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

PIRATE RADIO (R) - ID REQ'D (150 445) 740 1035
2012 (PG-13) ★ (1210 110 235 335 435) 600 700 800 925 1025
CHRISTMAS CAROL (PG) ★ (1225 255 520) 750 1020
THE BOX (PG-13) (115 415) 715 1015
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1200 125 225 355 455) 620 720 850 950
MICHAEL JACKSON: THIS IS IT (PG) (120 410) 710 1010
AMELIA (PG) (345 PM) 640 PM 930 PM
COUPLES RETREAT (PG-13) (100 400) 650 940
COCO BEFORE CHANEL (PG-13) (125 PM)
PARANORMAL ACTIVITY (R) - ID REQ'D (245 505) 730 1000

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

PRECIOUS (R) - ID REQ'D (100 200 345 445) 630 730 915 1015
BOONDOCK SAINTS 2 (R) - ID REQ'D (140 455) 750 1045
2012 (PG-13) ★ (1150 1250 225 325 425) 600 700 800 935 1035
OC & DA: A CHRISTMAS CAROL (PG) (405 PM) 920 PM
CHRISTMAS CAROL (PG) ★ (135 PM) 640 PM
MEN WHO STARE AT GOATS (R) - ID REQ'D (1210 110 240 505) 635 740 1005
THE BOX (PG-13) (230 PM 525 PM) 820 PM
THE FOURTH KIND (PG-13) (145 415) 650 925
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1130 105 205 335 435) 610 710 845 945
MICHAEL JACKSON: THIS IS IT (PG) (125 430) 720 1010
LAW ABIDING CITIZEN (R) - ID REQ'D (210 PM 510 PM) 810 PM
COUPLES RETREAT (PG-13) (350 PM) 905 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (130 355) 620 855

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

RW & DA: 2012 (PG-13) ★ (100 PM 430 PM) 800 PM
PIRATE RADIO (R) - ID REQ'D (1250 355) 645 935
2012 (PG-13) ★ (1215 225 345) 605 705 930 1025
CHRISTMAS CAROL (PG) ★ (210 435) 655 925
PRECIOUS (R) - ID REQ'D (1200 135 235 405 505) 635 745 910 1025
MEN WHO STARE AT GOATS (R) - ID REQ'D (1245 305 410 530) 630 750 1020
THE BOX (PG-13) (1255 340) 705 945
THE FOURTH KIND (PG-13) (1210 230 450) 740 1005
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1230 130 250 350 510) 610 730 840 955
MICHAEL JACKSON: THIS IS IT (PG) (1225 445) 725 1015
LAW ABIDING CITIZEN (R) - ID REQ'D (1235 330) 710 1000
COUPLES RETREAT (PG-13) 920 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (205 425) 650 915

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

2012 (PG-13) ★ (1210 1240 110 240 335 405 435) 605 700 730 800 930 1025
PIRATE RADIO (R) - ID REQ'D (115 410) 705 955
OC & DA: A CHRISTMAS CAROL (PG) (415 PM) 920 PM
CHRISTMAS CAROL (PG) ★ (1255 145 325) 610 650 840
MEN WHO STARE AT GOATS (R) - ID REQ'D (1235 135 300 420 520) 645 755 910 1020
THE BOX (PG-13) (1250 140 345) 635 925
THE FOURTH KIND (PG-13) (130 440) 710 940
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1200 235 510) 740 1010
MICHAEL JACKSON: THIS IS IT (PG) (1225 310 430) 615 715 900 1000
AMELIA (PG) (1215 305) 620 905
ASTRO BOY (PG) (120 350) 630 855
LAW ABIDING CITIZEN (R) - ID REQ'D (1205 315) 655 945
WHERE THE WILD THINGS ARE (PG) (1245 330) 750 1030
COUPLES RETREAT (PG-13) (105 355) 725 1015
PARANORMAL ACTIVITY (R) - ID REQ'D (1220 250) 625 845

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

2012 (PG-13) ★ (1210 1240 110 335 405 435) 700 730 800 1025
PIRATE RADIO (R) - ID REQ'D (230 515) 750 1035
MEN WHO STARE AT GOATS (R) - ID REQ'D (1215 240 500) 720 950
THE BOX (PG-13) (100 350) 640 920
THE FOURTH KIND (PG-13) (1230 300 520) 740 1000
CHRISTMAS CAROL (PG) ★ (120 340) 600 820 1040
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1200 220 450) 710 930
RW: MICHAEL JACKSON'S THIS IS IT (PG) (200 510) 745 1020
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 410) 645 910
ASTRO BOY (PG) (1245 310 545) 840
LAW ABIDING CITIZEN (R) - ID REQ'D (115 400) 650 940
WHERE THE WILD THINGS ARE (PG) (1220 320) 630 900
COUPLES RETREAT (PG-13) (250 530) 810 1045
PARANORMAL ACTIVITY (R) - ID REQ'D (1250 330) 610 815 1030

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

PIRATE RADIO (R) - ID REQ'D (100 420) 720 1010
2012 - DP (PG-13) ★ (1200 325) 650 1015
2012 (PG-13) ★ (1240 120 245 405 445) 610 730 810 935
MEN WHO STARE AT GOATS (R) - ID REQ'D (110 230 350 500) 700 750 920 1020
THE BOX (PG-13) (1230 335) 640 945
MICHAEL JACKSON: THIS IS IT (PG) (1250 340) 710 1000
ASTRO BOY (PG) (1210 PM)
PARANORMAL ACTIVITY (R) - ID REQ'D (1220 240 510) 740 955

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

2012 (PG-13) ★ (1240 300 340 420) 620 700 740 940 1020
CHRISTMAS CAROL (PG) ★ (100 320) 600 820
MEN WHO STARE AT GOATS (R) - ID REQ'D (150 430) 710 930
THE BOX (PG-13) (200 500) 750 1045
THE FOURTH KIND (PG-13) (240 510) 800 1030
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (140 220 400 440) 640 720 900 1000
MICHAEL JACKSON: THIS IS IT (PG) (330 PM) 610 PM 850 PM
ASTRO BOY (PG) (310 PM)
LAW ABIDING CITIZEN (R) - ID REQ'D (130 410) 650 920
WHERE THE WILD THINGS ARE (PG) 630 PM 910 PM
COUPLES RETREAT (PG-13) (210 450) 730 1010
PARANORMAL ACTIVITY (R) - ID REQ'D (1230 250 520) 810 1040

Times For 11/17 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2009 www.RCGmovies.com

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express

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entertainment lookout

A Shallow Beauty

Leona Lewis' latest collection of songs sound pretty but lack any real character

MUSIC | Leona Lewis is a lot like Christina Aguilera: both have booming voices, superb vibrato and controlled vocal runs.

But they differ in two key ways. Lewis' material is middle-of-the-road, adult-contemporary stuff: These are songs about love and life, not Aguilera's "Dirrty," feisty fare. In addition, Lewis' delivery is much more understated than Aguilera's — the latter sounds like a diva, while the former just doesn't.

There's nothing on Lewis' second album, "Echo" (J Records), that drips with the pained emotion of her first big single, "Bleeding Love."

In fact, most of these songs have little unique substance to them: There's the inevitable breakup song ("You Don't Care"), the I'm-falling-for-you-hard song ("Can't Breathe"), the I'm-getting-over-you song ("Brave"), another breakup song ("Alive") and a song about writing love letters to a guy she sees in her dreams ("Love Letter").

COURTESY J RECORDS

Sure, she has a mean set of pipes, but we'd like to hear more emotion on "Echo."

expressnightout

→ For more of this review of "Echo" and to watch a Leona Lewis music video, please visit us online.

WWW.EXPRESSNIGHTOUT.COM

Despite the predictable topics, Lewis' voice is just beautiful to listen to: The tender ballad (and hidden track) "Stone Hearts & Hand Grenades" finds Lewis swelling gracefully from a whisper to a belt. She dances effortlessly around notes that would shatter glass on "Can't Breathe," never once sounding shrill or out of control.

But a great voice on mediocre numbers can go only so far.

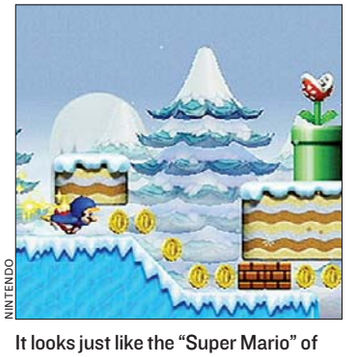
Lewis has yet to sing songs that portray who she really is; most of her tunes to date could be taken on by any adult-contemporary balladeer. It would be nice to hear her offer a perspective that's as unique as her exceptional voice.

CATHERINE LEWIS

Brotherly Fun for Everyone

Old-school 'Mario Bros.' arrives as a multiplayer Wii game

VIDEO GAME | Even before it refined family fun with the Wii, Nintendo was dedicated to creating satisfying multiplayer experiences. Games such as "Mario Kart," "Super Smash Bros." and "GoldenEye 007" encouraged everyone to join in, and you missed the real action if you played them alone.



NINTENDO

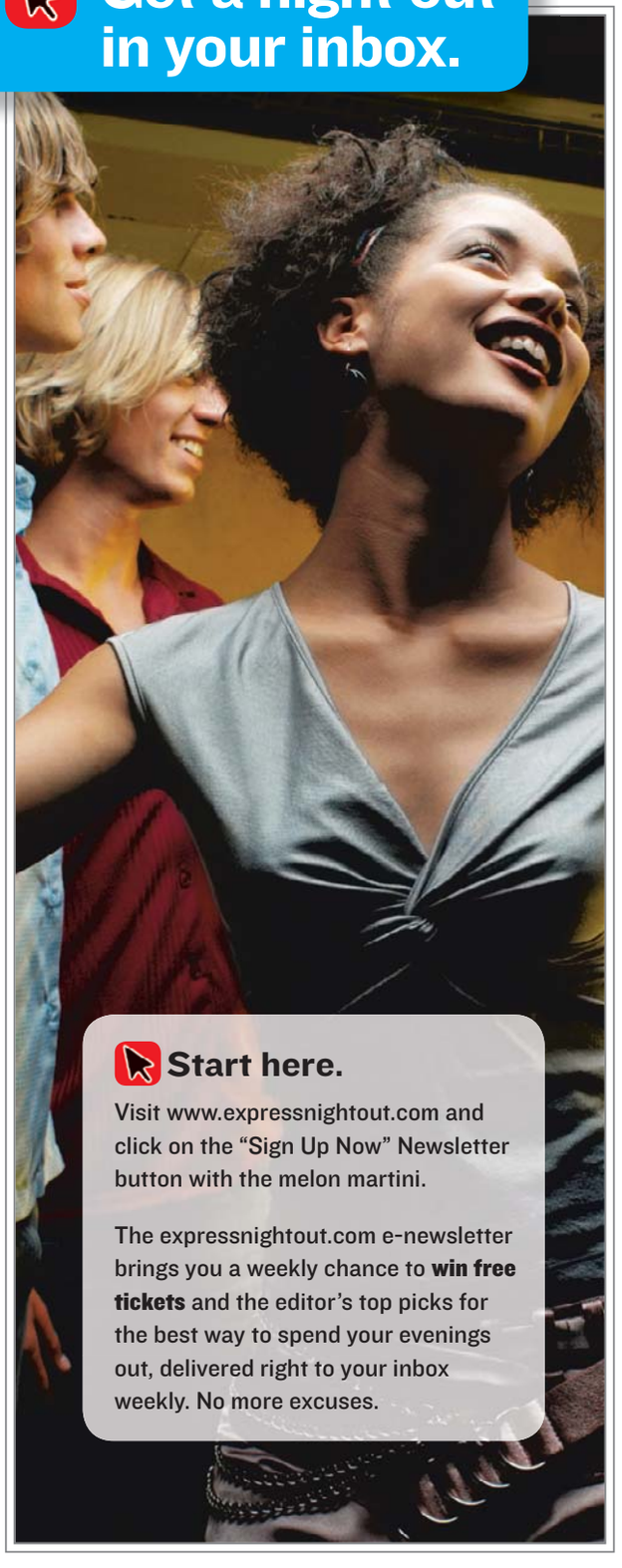
It looks just like the "Super Mario" of yore, except everyone can play at once.

But Nintendo's flagship franchise, "Super Mario Bros.," has always consisted of solo journeys. Mario creator Shigeru Miyamoto wanted to change that, so "New Super Mario Bros. Wii" (Nintendo, for the Wii, $49.99) has been designed so up to four people can play it at once.

The look is a throwback to the two-dimensional "Super Mario Bros." games of the 1980s and early '90s. Each player can pick one of four characters: Mario, Luigi or one of two "toads" (a sort of humanoid mushroom). There's no real difference between the characters, and each can use any of the power-ups.

In cooperative play, the goal is to get everyone to the flag at the end of each level. This may create some frustration for "Mario Bros." vets, but it's ideal for showing your kids how much fun those old 2-D games were. LOU KESTEN (AP)

Get a night out in your inbox.



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1 Follow The Yellow Brick Road

We're in a bit of a pop-culture rehash Renaissance, aren't we? (Really, what was the deal with all of those "Where's Waldo?" Halloween costumes this year?) Here's a trip down memory lane we don't consider kitschy overkill. Tomorrow, select local theaters will screen "The Wizard of Oz" at 6:30 p.m. to celebrate the 70th anniversary of Dorothy and her ragtag peeps. K.C.

→ *Select theaters, Fathomevents.com.*

top stops

Compiled by Express' Fiona Zublin, Janice Leary and Kris Coronado. Read more at **Expressnightout.com/topstops.**

2 Swing It Again

The weekly swing dance night at the Josephine Butler Parks Center is hosting "New Blood Night" — first-time attendees get in free. Take a lesson at 9 p.m., then dance your feet off for the rest of the night. Don't worry if you don't have a partner; you'll find one there. F.Z.

→ *Josephine Butler Parks Center, 2437 15th St. NW; 9 p.m., $6 to dance, free if you've never been or you bring a friend who's never been; 202-569-8329, Thejamcellar.com. (U St.-Cardozo)*

3 Pac It In

The latest exhibit at Flashpoint features artist Kenny George's amalgam of Pac-Man and himself: Pac-Guy! Along with a playable video game, the show includes a "computerized pogo stick" and other gizmos that blur the line between art and time-wasting. It may actually be about mainstream consumerism, competition and fleeting glory, but to us, it's an awesome excuse to play "Pac-Man." J.L.

→ *Flashpoint, 916 G St. NW; through Dec. 19, free; 202-315-1310, Flashpointdc.org. (Gallery Place)*

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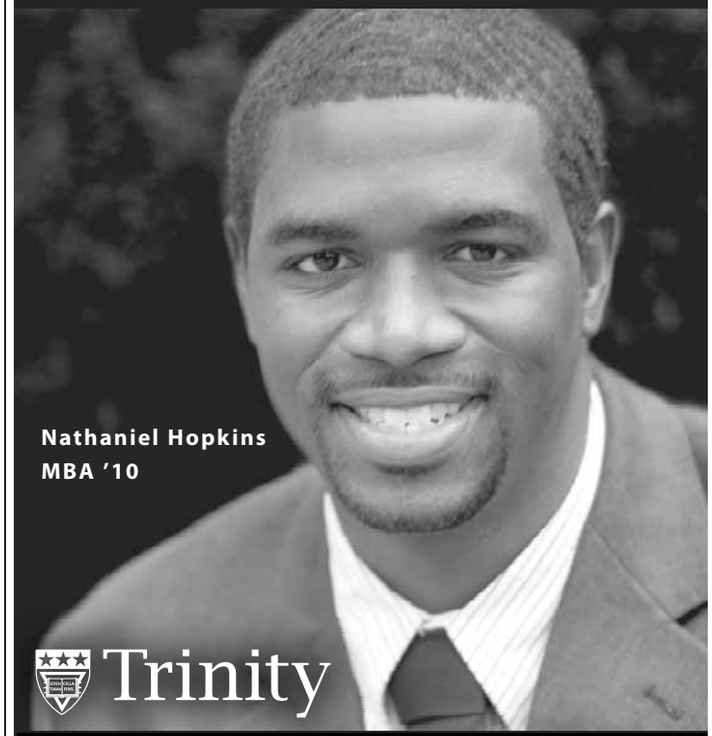

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television lookout

Have a Very Wild Christmas

'Merry Madagascar' brings a familiar pack of characters to the small screen

HOLIDAYS | The computer-animated gang from a popular film franchise comes to Santa's (Carl Reiner) rescue in "Merry Madagascar" (8 p.m., NBC), the very first holiday special of the too-early-to-be-Christmas season.

Look for laughs, a song or two and a heartwarming lesson about putting the spirit of giving before your own desires. The humor ranges from slapstick to adult jokes that will sail over the heads of the tots. In one scene, a Santa-obsessed child expresses excitement with a term better known to fashionable Hollywood Buddhists.

The humor ranges from slapstick to adult jokes that will sail over the heads of the tots.

NBC

Ben Stiller voices Alex the lion, who dines on cookies rather than gazelles.

As a non-follower of the "Madagascar" franchise, "Merry" is interesting to me as an example of how movie promotion can swallow up all other aspects of entertainment. The virtue of a sequel or sequel-izable property — be it "Ice Age," "Toy Story," "Saw" or "The Godfather" — is that you don't have to sell the idea for the movie more than once. The franchise title is the marketing, and one supposes the audience knows what it's getting.

But with "Merry," it seems the "Madagascar"-makers have also dispensed with character development. There's no apparent distinction between the Lion and the Zebra except that one clearly has the voice of Ben Stiller and the other, Chris Rock. They're ruthlessly efficient wisecrack-dispensing devices. But characters? Not a chance. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

SOLO INTERVENTION
On **90210** (8 p.m., CW), Navid decides to confront Adrianna about her drug use. Meanwhile, Debbie and Harry are surprised when Annie wants to invite Jasper (guest star Zach Sherman) over for dinner.

MAKING IT WORK
Fashion consultant Tim Gunn and hairstylist Tabatha Coffey help give the remaining six contestants makeovers before they give motivational speeches about their weight loss journeys on **THE BIGGEST LOSER** (8:30 p.m., NBC).

STILL SO SWEET
Former regular Heather Locklear returns to **MELROSE PLACE** (9 p.m., CW) in a pivotal episode in which she proceeds to fire half her staff.

IN HIGH DEMAND
Alicia is caught off-guard when Peter needs her to testify on his behalf in his appeals process, just as she is preparing to defend a scientist accused of arson on **THE GOOD WIFE** (10 p.m., CBS).

ICONIC FIGURE
Neda Soltani became the face of a powerful movement opposing Islamic hard-liners after she was fatally shot on the streets of Tehran, Iran, during protests over the country's presidential election last summer; her death was captured on a cell-phone camera and uploaded to the Web. **FRONTLINE**'s (10 p.m., PBS) "A Death in Tehran" grippingly investigates her life and death. (TRIBUNE MEDIA)

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Poll Center

SHOULD CONTROVERSIAL FORMER CNN HOST LOU DOBBS RUN FOR OFFICE?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 62%

NO 38%

"I don't think Lou will or should run for office; he's more effective and free as a talking head. He'll make money as a circuit speaker and write a few books."

COMMENTER ANOTHER PERSON

"Of course! He will join all the other bigoted right-wing crackpot extremists who define the conservative movement these days."

COMMENTER V

"Sure, it's a semi-free country. But for his sake I think Dobbs needs to pick his first political race carefully. Virulent bigotry and xenophobia don't play real well outside of the most conservative congressional districts."

COMMENTER PHILIMUS

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Blog LOG

"THE YEAR IS 2009, America has elected an African American as president ... and yet still this kind of complete and utter disgraceful [stuff] goes on."

MORNINPAPER.COM IS OUTRAGED BY UNIVERSAL STUDIOS, WHICH ELIMINATED TWO BLACK ACTORS FROM THE MOVIE POSTERS FOR "COUPLES RETREAT" FOR AUDIENCES IN THE U.K.

EVY MAGES/FTWP

"[We] rode as a civilized group, though the size of the pack did necessitate the running of a few lights. I [got] a number of high fives from motorists while promenading down P Street."

JUXTAEXPOSED.COM, NOT PICTURED, HAD A GREAT TIME AT SUNDAY'S FIRST D.C. TWEED RIDE, ALTHOUGH THE MOTLEY PACK WAS BROKE A FEW TRAFFIC LAWS IN THE NAME OF GOOD FUN.

"While many of her family members have danced around the accusation, Janet Jackson isn't hiding her thoughts on who's to blame for her brother's death."

MOVIEQUOTESITE.COM NOTES THE SINGER'S HONESTY AFTER SHE TOLD ABC IN AN INTERVIEW THAT SHE THINKS DR. CONRAD MURRAY IS RESPONSIBLE FOR THE DEATH OF HER BROTHER.

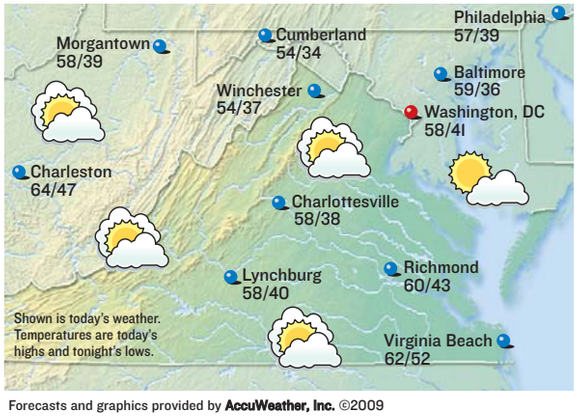
"LET'S FACE IT: Khalid Shaikh Mohammed's trial is going to cause a big kerfuffle regardless of where it takes place."

AVERAGEBRO.COM DOESN'T THINK THE PUBLIC BACKLASH ABOUT THE LOCATION OF THE ALLEGED SEPT. 11 MASTERMIND'S TRIAL IS NECESSARY.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy	Variably cloudy	A shower possible	A shower possible	Mostly cloudy
58°	41°	56° / 47°	59° / 50°	60° / 44°	56° / 42°

Regional Weather



Shown is today's weather. Temperatures are today's highs and tonight's lows.

Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	69°
Low	50°
Normal high	57°
Normal low	40°
Average humidity	61%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.45"
Normal month to date	1.63"
Year to date	38.13"
Last year to date	42.70"
Normal year to date	34.90"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

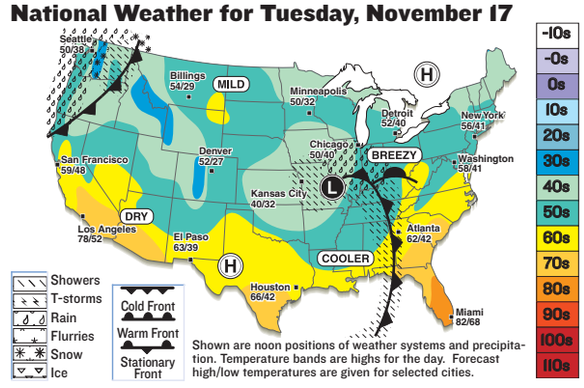
D.C. Metro: Today, mostly sunny. High 58. Wind east-northeast 6-12 mph. Tonight, clear. Low 41. Wind north-northeast 6-12 mph.

Sun and Moon

Sunrise today	6:53 a.m.
Sunset tonight	4:53 p.m.
Moonrise today	7:53 a.m.
Moonset today	5:16 p.m.

First	Full	Last	New
Nov 24	Dec 2	Dec 8	Dec 16

National Weather for Tuesday, November 17



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	62/42/c	60/47/c
Boston	50/38/s	56/39/s
Chicago	50/40/r	48/38/c
Dallas	62/41/s	68/52/s
Denver	52/27/s	53/27/s
Honolulu	84/72/s	84/72/s
Los Angeles	78/52/s	70/52/pc
Miami	82/68/pc	83/70/pc
New York City	56/41/s	59/46/s
Orlando	80/60/pc	82/62/pc
Seattle	50/38/r	48/41/sh

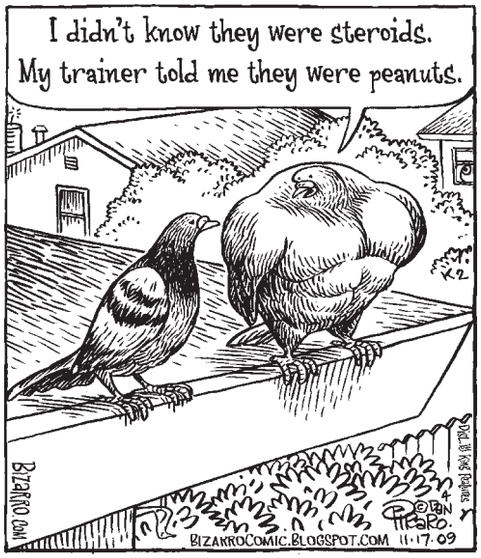
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	54/45/sh	52/43/pc
Athens	72/55/s	72/57/s
Berlin	52/49/r	52/43/r
Buenos Aires	84/62/t	74/61/sh
Calgary	52/25/c	34/16/pc
Dublin	52/43/sh	54/46/r
Geneva	67/45/s	59/44/c
Moscow	37/34/c	39/36/sn
Rome	72/48/s	70/50/s
Sydney	73/64/sh	77/66/pc
Tokyo	57/54/r	59/50/pc

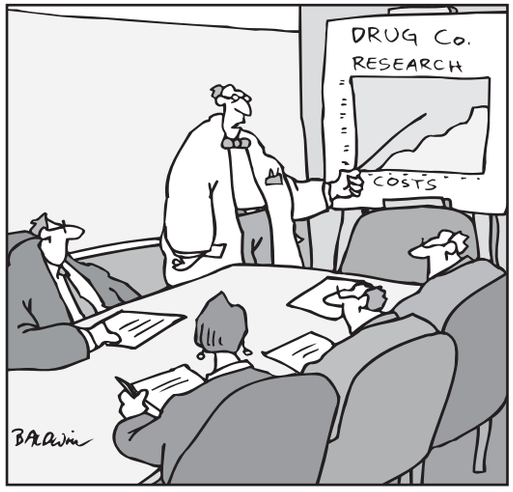
s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

comics lookout

Bizarro | *Dan Piraro*



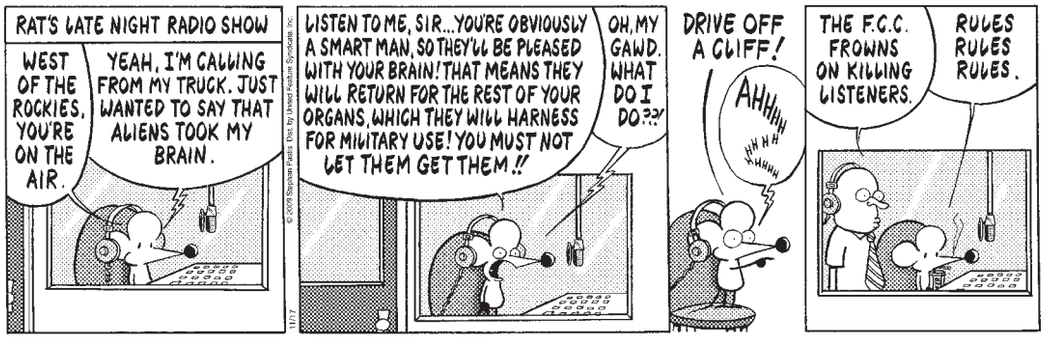
Cornered | *Mike Baldwin*



"Human clinical trials start in six months. Sooner if we run out of mice."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) You may have to repeat yourself — more than once, perhaps — before others begin to get the message. Employ patience.

SAGITTARIUS (Nov. 22-Dec. 21) What qualifies as a good day for you may be different from that enjoyed by others. This can surely be one of your good days.

CAPRICORN (Dec. 22-Jan. 19) You may have to wait longer than expected for a routine development to complete itself. When the time comes, you're on the move.

AQUARIUS (Jan. 20-Feb. 18) You surely know how to show others a good time, but you may be feeling a bit more inhibited than usual. Trust your instincts.

PISCES (Feb. 19-March 20) You'll have to work hard to keep things on the level. Others may want to distort what you say and do for their personal gain.

ARIES (March 21-April 19) You'll have the chance to prove why you're in your current position — and why no one, yet, is in a position to challenge you.

TAURUS (April 20-May 20) You may not be exploiting your talents to the fullest at this time. You may be unclear about what is really required of you.

GEMINI (May 21-June 20) You're expecting a long haul, but in fact, you're likely to be surprised when things prove easier and quicker than usual.

CANCER (June 21-July 22) You may have trouble finding the right way to express yourself to a friend whose recent efforts you think are somewhat below par.

LEO (July 23-Aug. 22) Teamwork is the key, but there may be some rumblings of discontent among some of your inner circle. You can avoid serious trouble.

VIRGO (Aug. 23-Sept. 22) It's a good day for exploring options that, in the past, may have proved a little too forbidding or unusual. Anything goes.

LIBRA (Sept. 23-Oct. 22) Once you shift into high gear, you're likely to score a number of personal victories in a variety of situations.

Today in History

1734 The publisher of the New York Weekly Journal, John Peter Zenger, is arrested for libel. He is later acquitted, a decision regarded as a landmark for freedom of expression.

1800 Congress holds its first session in Washington in the partially completed Capitol building.

1869 The Suez Canal opens in Egypt, linking the Mediterranean and Red seas.

1972 Ex-Argentine dictator Juan D. Peron returns to his homeland after 17 years of exile.

1973 President Richard Nixon says in an Associated Press managing editors meeting in Orlando, Fla., that "people have got to know whether or not their president is a crook. Well, I'm not a crook."

1993 The U.S. House of Representatives approves the North American Free Trade Agreement (NAFTA) with Canada and Mexico.

2007 Aid groups in Congo secure the release of more than 200 child soldiers from militia fighters who forcibly recruited them in the east of the country.

RICKY CARIOTI/TWP

Congress held its first session in the partially completed Capitol Nov. 17, 1800.

PostPoints DAILY CODE NO

lookout people

MATT SAYLES/AP

COUPLES

Please Don't Breed

HEIDI and **SPENCER PRATT** said Monday they want to branch out from MTV's "The Hills" and star in their own reality show. In an interview to promote their new book, "How to be Famous: Our Guide to Looking the Part, Playing the Press, and Becoming a Tabloid Fixture," the couple said they're shopping the idea around. While "The Hills" focuses only on a small part of their lives, their own show would reveal everything — they even said they'd be willing to include live segments. (AP)

DESIRED REACTION

'OMG, SJP's Surrogate Touched This Household Item!'

[Insert tasteful joke about surrogate motherhood.]

An Ohio judge is set to begin opening arguments in the trial of a police chief accused of snooping on the woman who carried twins for **SARAH JESSICA PARKER** and Matthew Broderick. A jury was seated Monday in the case of Barry Carpenter, formerly police chief in Martins Ferry, where surrogate Michelle Ross lived. Carpenter and another police chief are accused of scheming to sell items from the woman's home to celebrity photographers. A prosecutor says Ross and two photographers are expected to testify. Carpenter could face 21 1/2 years in prison. (AP)

WHATEVER

On Scale of Bad-Boyness, This Barely Merits Mention

DENNIS RODMAN was temporarily detained in Germany for allegedly skipping out on a $5,100 hotel bill for a post-game party. The German prosecutor said the organizers of the "USA Legends of Basketball" exhibition game had agreed to pick up the tab for Rodman's hotel, but not beverages consumed at the party. (AP)

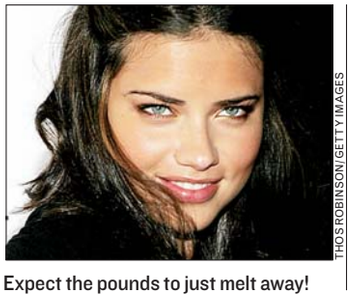
LYNNE SLADKY/AP

He's dated Madonna — he can come up with better mischief than a big hotel bill.

NEWS CYCLE

Tomorrow: Her Amazing Baby-Weight Loss Secrets!!

Victoria's Secret model **ADRIANA LIMA** has given birth to a daughter fathered by her husband, Marko Jaric, People.com reported. "Adriana and Marko are thrilled to announce they had a baby girl, Valentina Lima Jaric," a representative said. "Mother, father and baby are all doing well." The couple married this year on Valentine's Day. (EXPRESS)



THOS ROBINSON/GETTY IMAGES

Expect the pounds to just melt away!

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.

LIBRARIES

And That's How You Know You're REALLY Rock 'n' Roll

The U.S. Library of Congress is awarding **PAUL MCCARTNEY** its third Gershwin Prize for Popular Song, the Librarian of Congress' James Billington announced Monday. An all-star tribute concert is planned for early 2010, though the library has not announced who will perform. (AP)

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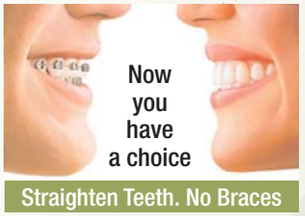

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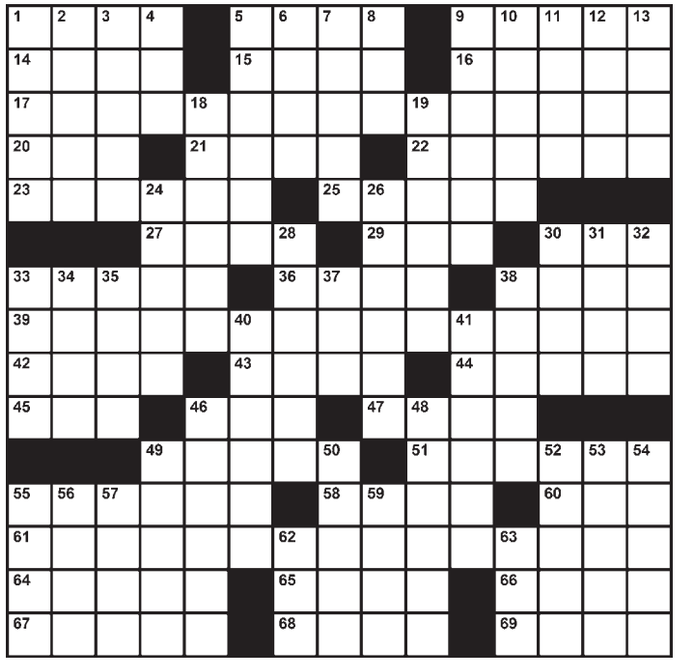
CROSSWORD | IS THAT CLEAR?

EDITED BY TIMOTHY E. PARKER



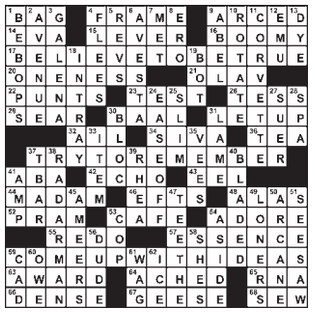
ACROSS

1. Spiteful comment
5. Peace agreement
9. Sandwich cookies
14. "In ___ of flowers ..."
15. Continental money
16. Liquid dynamite, for short
17. "Actually ..."
20. "Well, ___ be!"
21. Roller coaster feature
22. Country estates
23. Produced again, as a film
25. "All done!"
27. Gaucho's tool
29. For miners it's major
30. Golfing standard
33. Most of Earth
36. Uncool one
38. Big pot of stew
39. Positively no excuses
42. Matter to go to court over
43. Surrender possession
44. Greek fabulist
45. Half and half?
46. Seventh letter in Greece
47. Females with pigtails
49. Sing like a bird
51. Type of Volkswagen
55. Ravel work
58. Plays a part
60. Something to lend a storyteller?
61. Court quickie
64. A natural, in Vegas
65. Egyptian goddess of fertility
66. Thespian Guinness
67. "Rob Roy" author
68. Zero
69. "I want your attention!"

DOWN

1. "The ___ Witch Project"
2. "Cleanup in ___ four" (supermarket request)
3. Royal domain
4. ___ a ride (hitchhike)
5. Tube-nosed seabird
6. Opposite of manual, briefly
7. Moved steathily or cautiously
8. Rocky ridge
9. Ablaze
10. Winchester, for one
11. Bibliographer's space-saving abbr.
12. Whale vs. bounty hunter flick
13. Bar denizens
18. Enhancing accessories
19. Bite off too much
24. Toward the rudder
26. Carousel figures
28. Heat and then cool
30. "Besides that ..."
31. Like some saxes
32. Abrade with a tool
33. Aware of
34. Masked mammal, informally
35. Where the River Shannon flows
37. "77 Sunset Strip" actor Byrnes
38. Beyond overweight
40. Film director's cry
41. Least processed or refined
46. Straying from the correct course
48. Greater than 90 degrees, as an angle
49. Religious principle
50. Stock-acquisition aid?
52. Freshwater ducks
53. Performs eye surgery, in a way
54. Like a soldier at attention
55. One with firepower?
56. Black gold gp.
57. Prefix meaning "to the left"
59. Vandyke locale
62. "Gunga ___"
63. Bottle topper

Yesterday's Solution



SUDOKU | MEDIUM

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Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

4				9	2			
								2
		9	7	3	6	8		
		1			4			5
8								4
5			9			7		
		7	6	4	9	2		
3								
			8	7				9

Yesterday's Solution

8	4	2	3	1	7	6	5	9
6	7	3	8	5	9	1	2	4
1	9	5	6	2	4	8	7	3
7	2	9	4	6	8	5	3	1
5	1	4	9	3	2	7	8	6
3	8	6	5	7	1	9	4	2
2	3	1	7	9	5	4	6	8
9	5	8	2	4	6	3	1	7
4	6	7	1	8	3	2	9	5

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TEL: 202-334-6800 | FAX: 202-334-9777 | CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200
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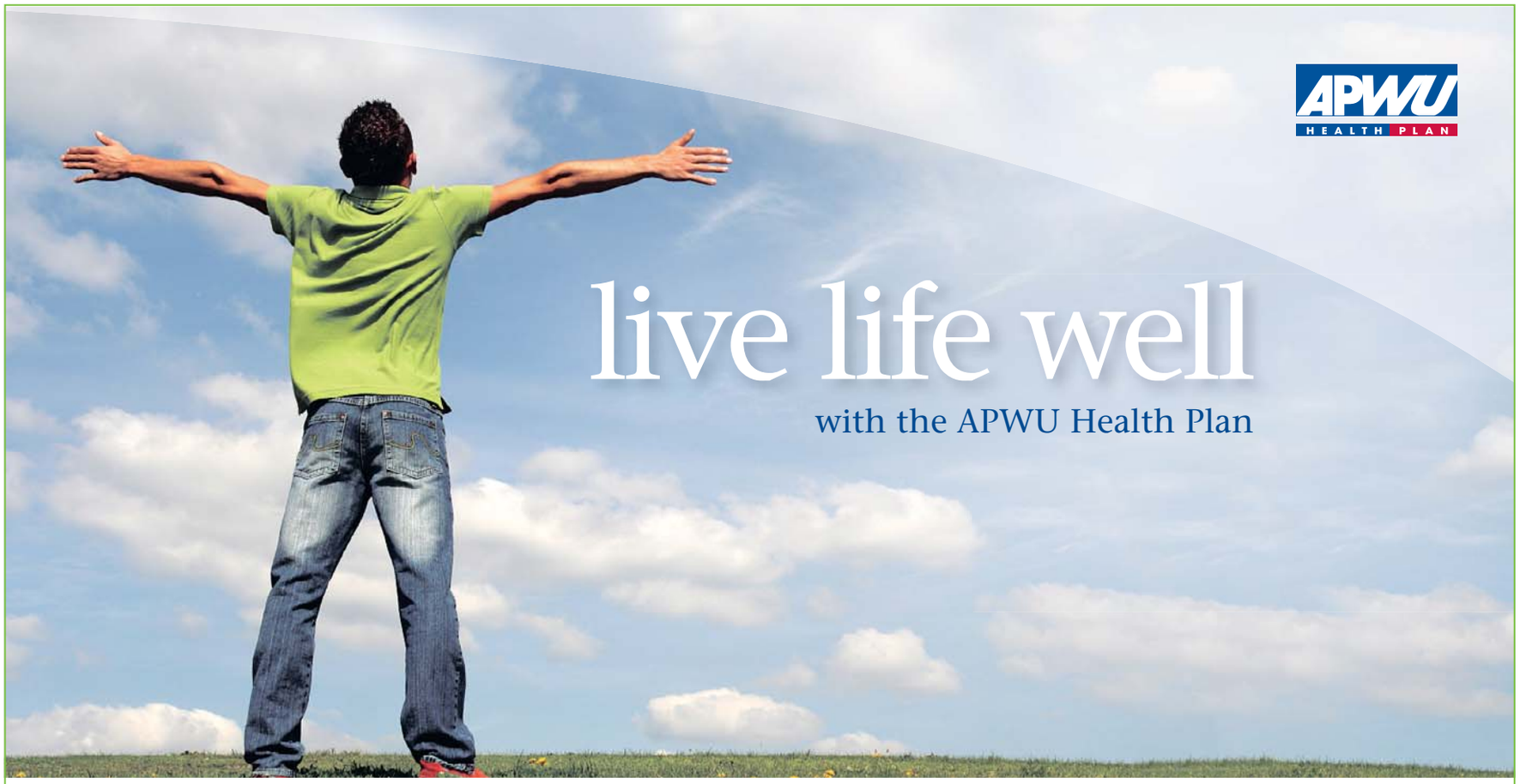

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